

My Personal Fitness Program

Name _____ Date _____

Course _____ Section _____

1. In the spaces below, provide a list of five activities in which you have participated during the last 6 months. In addition to fitness activities (jogging, aerobics, swimming, strength training), you may list other activities in which you frequently participate that require physical effort (for example, walking, cycling, sweeping, vacuuming, gardening).

According to your own effort of participation, rate each activity for its health-related and motor skill-related benefits (1 = low, 2 = fair, 3 = average, 4 = good, 5 = excellent). Also indicate the frequency and duration of participation (list times per week, month, or 6 months) and add comments regarding your personal feelings related to your participation in the respective activity (liked it, was fun, too hard, got hurt, need more skill, could do it forever, etc.).

	Cardiorespiratory Endurance	Muscular Strength	Muscular Flexibility	Weight Management	Agility	Balance	Coordination	Power	Reaction Time	Speed
1.										

Comments

2.										
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Comments

3.										
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Comments

4.										
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Comments

My Personal Fitness Program (continued)

	Cardiorespiratory Endurance	Muscular Strength	Muscular Flexibility	Weight Management	Agility	Balance	Coordination	Power	Reaction Time	Speed
5.										

Comments

II. On a separate sheet of paper, keep a 7-day log of **all** physical activities that you perform. On a daily basis, keep a record of the exact minutes throughout the day that you are active and rate each activity according to its intensity (moderate- or vigorous-intensity). Total your minutes for each day and compute a daily average for **all** activities. Attach the log to this activity and then answer the following questions:

A. Did you exercise aerobically at least 3 times per week for 20 to 30 minutes each session?

_____ Yes _____ No

B. Did you accumulate an average of 60 minutes of daily physical activity?

_____ Yes _____ No

C. What percentage of your total physical activity was moderate intensity,

_____ %

and what percentage was vigorous intensity?

_____ %

III. According to items I and II above, evaluate your current level of physical activity. State how you feel about your results and indicate if your program is primarily conducive to health fitness or physical fitness (or neither). Do you deem any changes necessary to meet previously stated goals (see Activity 3.4, pages 97–100)?
