**F.I.T.T. In-Class Worksheet**

|  |  |
| --- | --- |
| **Name:** | **Date:** |

|  |  |
| --- | --- |
| **Target Heart rate for Fitness** |  |

**Monday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frequency** | Name of Activity: | |  | |
| **Intensity** | High Medium Low | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| **Type of Activity:** | | | | |
| **Time** | Duration of Activity: | | | |  |

**Tuesday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frequency** | Name of Activity: | |  | |
| **Intensity** | High Medium Low | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| **Type of Activity:** | | | | |
| **Time** | Duration of Activity: | | | |  |

**Wednesday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frequency** | Name of Activity: | |  | |
| **Intensity** | High Medium Low | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| **Type of Activity:** | | | | |
| **Time** | Duration of Activity: | | | |  |

**Thursday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frequency** | Name of Activity: | |  | |
| **Intensity** | High Medium Low | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| **Type of Activity:** | | | | |
| **Time** | Duration of Activity: | | | |  |

**Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frequency** | Name of Activity: | |  | |
| **Intensity** | High Medium Low | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| **Type of Activity:** | | | | |
| **Time** | Duration of Activity: | | | |  |