**F.I.T.T. Own Your Own Worksheet**

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| --- | --- | --- | --- | --- | --- |
| **Name:** | | | | | **Date** |
| **Frequency** | **Tuesday \_\_\_\_\_\_/\_\_\_\_\_\_** | | Name of Activity: | | |
| **Intensity** | High Medium Low | | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: | |
|  | | | | | |
| **Type** |  | | | | |
| **Time** | Duration of Activity: | | | | |
| **Frequency** | **Wednesday \_\_\_\_\_/\_\_\_\_\_** | | Name of Activity: | | |
| **Intensity** | High Medium Low | | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: | |
|  | | | | | |
| **Type** |  | | | | |
| **Time** | Duration of Activity: | | | | |
| **Frequency** | Name of Activity: | | **Thursday \_\_\_\_/\_\_\_\_** | | |
| **Intensity** | Your Target Heart Rate: | | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: | |
| Distance Traveled During Activity: | | | | | |
| **Type** | What type of activity is this classified as: Aerobic or Anaerobic | | | | |
| **Time** | Duration of Activity: | | | | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Frequency** | Name of Activity: | | **Friday \_\_\_\_/\_\_\_\_** | |
| **Intensity** | Your Target Heart Rate: | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| Distance Traveled During Activity: | | | | |
| **Type** | What type of activity is this classified as: Aerobic or Anaerobic | | | |
| **Time** | Duration of Activity: | | | |
| **Frequency** | Name of Activity: | | **Saturday \_\_\_\_/\_\_\_\_** | |
| **Intensity** | Your Target Heart Rate: | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| Distance Traveled During Activity: | | | | |
| **Type** | What type of activity is this classified as: Aerobic or Anaerobic | | | |
| **Time** | Duration of Activity: | | | |
| **Frequency** | Name of Activity: | | **Sunday \_\_\_\_/\_\_\_\_** | |
| **Intensity** | Your Target Heart Rate: | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| Distance Traveled During Activity: | | | | |
| **Type** | What type of activity is this classified as: Aerobic or Anaerobic | | | |
| **Time** | Duration of Activity: | | | |
| **Frequency** | Name of Activity: | | **Monday \_\_\_\_/\_\_\_\_** | |
| **Intensity** | Your Target Heart Rate: | | | |
| Beginning Heart Rate: | | During Activity Heart Rate: | | End Heart Rate: |
| Distance Traveled During Activity: | | | | |
| **Type** | What type of activity is this classified as: Aerobic or Anaerobic | | | |
| **Time** | Duration of Activity: | | | |