**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: |

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| **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: |