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

|  |  |
| --- | --- |
| **Name:** | **Period:**  |
| **Frequency** | **Tuesday \_\_\_\_\_\_/\_\_\_\_\_\_** |  |
| **Intensity** | High Medium Low |
| Beginning Heart Rate: | During Activity Heart Rate:  | End Heart Rate: |
| **Type** |  |
| **Time** | Duration of Activity: |
| **Parent/Guardian or Coach Signature** |  |

|  |  |
| --- | --- |
| **Name:** | **Period:**  |
| **Frequency** | **Wednesday \_\_\_\_\_\_/\_\_\_\_\_\_** |  |
| **Intensity** | High Medium Low |
| Beginning Heart Rate: | During Activity Heart Rate:  | End Heart Rate: |
| **Type** |  |
| **Time** | Duration of Activity: |
| **Parent/Guardian or Coach Signature** |  |

|  |  |
| --- | --- |
| **Name:** | **Period:**  |
| **Frequency** | **Thursday \_\_\_\_\_\_/\_\_\_\_\_\_** |  |
| **Intensity** | High Medium Low |
| Beginning Heart Rate: | During Activity Heart Rate:  | End Heart Rate: |
| **Type** |  |
| **Time** | Duration of Activity: |
| **Parent/Guardian or Coach Signature** |  |
| **Name:** | **Period:**  |
| **Frequency** | **Friday \_\_\_\_\_\_/\_\_\_\_\_\_** |  |
| **Intensity** | High Medium Low |
| Beginning Heart Rate: | During Activity Heart Rate:  | End Heart Rate: |
| **Type** |  |
| **Time** | Duration of Activity: |
| **Parent/Guardian or Coach Signature** |  |

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| --- | --- |
| **Name:** | **Period:**  |
| **Frequency** | **Monday \_\_\_\_\_\_/\_\_\_\_\_\_** |  |
| **Intensity** | High Medium Low |
| Beginning Heart Rate: | During Activity Heart Rate:  | End Heart Rate: |
| **Type** |  |
| **Time** | Duration of Activity: |
| **Parent/Guardian or Coach Signature** |  |