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

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| --- | --- | --- | --- | --- | --- | --- |
| **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** | | |  | | | |

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| **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** | | |  | | | |

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| **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** | | |  | | | |