Develop Your Plan For Physical Activity & Health

Date _____

Physical Activities	Components					Cardiorespiratory Goal	Intensity	Duration	Frequency						
	Cardio Endurance	Muscular Strength	Muscular Endurance	Flexibiltiy	Body Composition				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.															
2.															
3.															
4.															
5.															
6.															
7.															

© 2002 Jones and Bartlett Publishers

Physical Activity and Health by Brown, Thomas, and Kotecki, ISBN: 0-86720-936-4