

Develop Your Plan For Physical Activity & Health

Date _____

PHYSICAL ACTIVITIES	COMPONENTS					1.	2.	3.	4.	5.	6.	7.
	CARDIO ENDURANCE	MUSCULAR STRENGTH	MUSCULAR ENDURANCE	FLEXIBILTIV	BODY COMPOSITION							
CARDIORESPIRATORY GOAL												
INTENSITY												
DURATION												
FREQUENCY												
MONDAY												
TUESDAY												
WEDNESDAY												
THURSDAY												
FRIDAY												
SATURDAY												
SUNDAY												