**Personal Fitness Program**

You are to design and construct your own one-month (four weeks and may include one day of rest each week) fitness program. Follow the instructions below.

**Title Page:** This page should include your name and date. It should also include a design, which reflects your personality and project.

**Page One (Training Principles and FITT):** You should explain the FITT acronym and the principles of overload, progression and specificity. Give an example to support your answers.

**Page Two - Three (Fitness analysis and Goals):** This page should be a brief essay (1 to 2 pages.) Using your fitness data you have collected over the semester, analyze your personal fitness levels. Use your fitness data as evidence in your analysis. You can also use other data from outside our X-SCI PE class to support your analysis. In your analysis, make sure you examine all 5 components of health-related fitness and all 6 components of skill-related fitness.

Reflect on your health and skill related fitness levels, strengths and weaknesses, and personal interest; then, set goals to improve your fitness levels. Your goals should be based on your personal fitness level and your interests. For example, do you want to improve a component of your fitness that will directly benefit you in a specific sport of exercise activity?

**Page Three/Four or More (Personal Fitness Plan):** These pages should be your actual fitness plan. Create a personal fitness plan for one month that will guide you in achieving your goals. As you list your activities, be sure to write what components of fitness they fulfill. Make sure that each day you choose a wide variety of activities that will satisfy all of the health-related fitness components and reflects your personal preferences. These pages could be done in a variety of formats (e.g., charts, pictures, diagrams). Your monthly program may include a day of rest each week.