



LABORATORY 7.3

Name _____ Date _____

Instructor _____ Section _____

Planning a Personal Fitness Program

Use this lab to plan your personal fitness program. Record the appropriate information in the spaces provided below.

Activity	Intensity*	Duration (min/day)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardiorespiratory endurance exercise									
Muscular strength/endurance exercise									
Stretching exercises to improve flexibility									

* Establish intensity for your cardiorespiratory endurance exercise using heart rate or RPE

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.