

Professor Ward

Individual Health and Fitness

February 10, 2015

Individualized Fitness Plan

My short term goal is to maintain a low body fat percentage (12%-15%).

My long term goal is to become more knowledgeable about nutrition and preparing healthy meals. I am determined to be conscious of what I consume and experience healthy benefits

FITT Plan

Frequency (How often?)	Intensity level (Heart rate?)	Type (Activity?)	Time (How long?)
4 days/week	Vigorous	Running	25 minutes
5 days/week	15-20 seconds	Stretching (Dynamic before activity, static after)	20 minutes
3 days/week	3 sets of 12 Monday - Arms (biceps, triceps, shoulders) Tuesday - Chest/Back Thursday - Legs (quads, hamstrings, calves) Using free weights, machines, bands, chains, etc.	Weight lifting	45 minutes - 1 hour
3 days/week	1 set of 3 variations 25-30 reps each with weight	Abs	10-15 minutes
2 days/week	5 MPH	Treadmill walking	30-60 minutes
3 days/week	75% of max	Volleyball	60-90 minutes

Spreadsheet – Schedule of Activities

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	OFF	Running	Running		Running	Running	OFF
9:00							
10:00							
11:00							
12:00 pm							
1:00		Dynamic/Weights Weights/Abs	Dynamic/Weights Weights/Abs	Treadmill Static stretching	Dynamic/Weights Weights/Abs	Treadmill Static stretching	
2:00		Static stretching	Static stretching		Static stretching		
3:00							
4:00							
5:00							
6:00			Volleyball	Volleyball		Volleyball	
7:00			Volleyball	Volleyball		Volleyball	
8:00							
9:00pm							