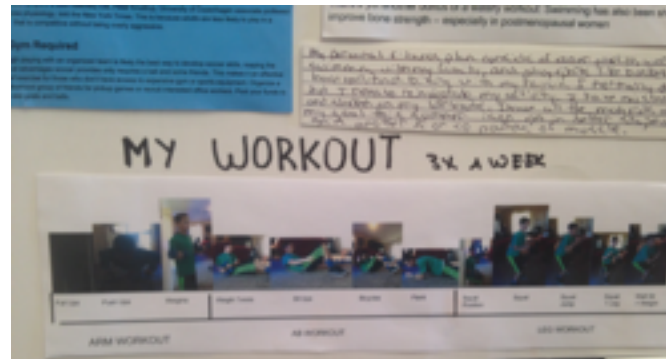
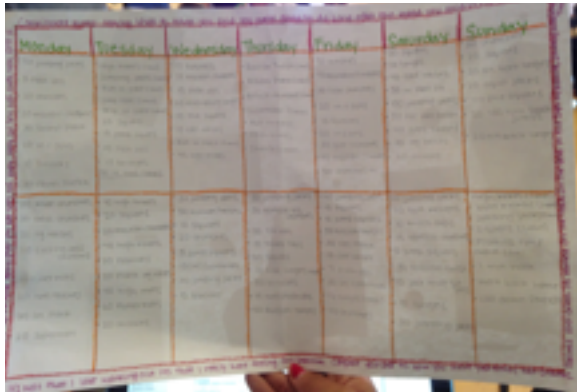


Physical Education Final 2016 - Summer Fitness Plan

Your assignment is to make a workout plan for your summer break. Your fitness plan must include daily workouts, goals and ways to track your workouts and goals.

- Calendar Set Up for the months of June and July
- Motivational Quote
- Workouts, rest days, vacation days, sports practices, open gyms, events
- Your calendar must represent you and your summer, make it look good - hang it on your bedroom wall
- You must include at least 2 trackable goals and you must provide space to track them.
- Write a summary paragraph about your plan and why you want to accomplish it.



NAME
MOTIVATIONAL QUOTE
REWARDS



PICTURES: Clippings of workout challenges, your typed weight routine (legs/arm/chest/back), your run courses, pictures of you doing the workout



JUNE

JULY

CALENDAR WITH SPECIFIC WORKOUTS PLANNED

INCLUDE: REST DAYS, IMPORTANT EVENTS, VACATIONS, WORK DAYS, PLAN YOUR FITNESS INTO YOUR LIFE

CHECK BOX FOR ACCOMPLISHING YOUR DAILY WORKOUT or WEEKLY

GOALS:

Examples: Starting & ending weight or BMI, runt times or length, body measurements, lifting goals, sport specific improvements

SET SPECIFIC MEASURABLE GOALS



Make sure you have space to track your goals, each week put a space to record the number of miles, squats or push ups you do, how many strikes you threw, free kicks you made, track your weight or measurements. Your goal could be that you worked out a certain number of times in a week.