

Develop Your Plan For Physical Activity & Health

Date _____

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