Putting Together a Complete Fitness Program

Chapter Seven
Developing a Personal Fitness Plan

1. Set goals
2. Select activities - 5 Fitness components
3. Set a target frequency, intensity, and time (duration) for each activity
4. Set up a system of mini-goals and rewards
5. Include lifestyle physical activity in your program
6. Develop tools for monitoring your progress
7. Make a commitment
Developing a Personal Fitness Plan

A. I, [Name], am contracting with myself to follow a physical fitness program to work toward the following goals:

**Specific or short-term goals**
1. Improving cardiorespiratory fitness by raising my VO2max from 34 to 37 ml/kg/min
2. Improving upper body muscular strength and endurance rating from fair to good
3. Improving body composition (from 28% to 25% body fat)
4. Improving my tennis game (hitting 10 playable shots in a row against the ball machine)

**General or long-term goals**
1. Developing a more positive attitude about myself
2. Improving the fit of my clothes
3. Building and maintaining bone mass to reduce my risk of osteoporosis
4. Increasing my life expectancy and reducing my risk for diabetes and heart disease

B. My program plan is as follows:

<table>
<thead>
<tr>
<th>Activities</th>
<th>Components/Check (X)</th>
<th>Frequency (Check X)</th>
<th>Intensity*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>X X X X X X</td>
<td>35min X X X</td>
<td>180-170 bpm</td>
</tr>
<tr>
<td>Tennis</td>
<td>X X X X X X</td>
<td>90min</td>
<td>RPE 13-16</td>
</tr>
<tr>
<td>Weight training</td>
<td>X X X X X</td>
<td>30min X X X</td>
<td>see Lab 4.3</td>
</tr>
<tr>
<td>Stretching</td>
<td>X X X X X X</td>
<td>25min X X X</td>
<td>—</td>
</tr>
</tbody>
</table>

*List your target heart rate range or an RPE value if appropriate.

C. My program will begin on [Date]. My program includes the following schedule of mini-goals. For each step in my program, I will give myself the reward listed.

- **VO2max of 35 ml/kg/min** (in goal)
  - Oct, 0: 5 0: movie with friends (reward)
  - Nov, 0: 2 0: new CD (reward)
  - Dec, 0: 10 0: new sweater (reward)
  - Jan, 0: 18 0: new CD (reward)

D. My program will include the addition of physical activity to my daily routine (such as climbing stairs or walking to class):
1. Walking to and from campus job
2. Taking the stairs to dorm room instead of elevator
3. Bicycling to the library instead of driving
4. Doing one active chore a day

E. I will use the following tools to monitor my program and my progress toward my goals:

- I’ll use a chart that lists the number of laps and minutes I swim and the charts for strength and flexibility from Labs 4.3 & 5.3

I sign this contract as an indication of my personal commitment to reach my goal.

[Signature]

[Date]

I have recruited a helper who will witness my contract and swim with me three days per week:

[Signature]

[Date]
Set Goals

- Develop different types of goals
  - General and specific
  - Long-term and short-term
- Having specific goals helps to track your progress and enjoy the measurable changes brought by the fitness program
- Also, use physical fitness assessments to determine your goals
- They help to decide what types of exercise is more important than others
Select Activities

Activities should reflect each component from health-related fitness, such as:

- Cardiorespiratory endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

Also consider these factors:

- Fun and interest
- Your current skill and fitness level
- Time and convenience
- Cost
- Special health needs
Set a Target Frequency, Intensity, and Time for Each Activity

- Apply the FITT Principle to set up a starting frequency, intensity and time component for each prescribed activity.
- Refer to Figure 7.1 and 7.2 to program for these areas:
  - Cardiorespiratory endurance exercise
  - Muscular strength and endurance training
  - Flexibility training
A summary of the FITT principle for the health-related components of fitness

<table>
<thead>
<tr>
<th>Component</th>
<th>Cardiorespiratory endurance training</th>
<th>Strength training</th>
<th>Flexibility training</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>F</strong>requency</td>
<td>3–5 days per week</td>
<td>2–3 nonconsecutive days per week</td>
<td>2–3 days per week (minimum); 5–7 days per week (ideal)</td>
</tr>
<tr>
<td><strong>I</strong>ntensity</td>
<td>55/65–90% of maximum heart rate</td>
<td>Sufficient resistance to fatigue muscles</td>
<td>Stretch to the point of tension</td>
</tr>
<tr>
<td><strong>T</strong>ime</td>
<td>20–60 minutes in sessions lasting 10 minutes or more</td>
<td>8–12 repetitions of each exercise, 1 or more sets</td>
<td>2–4 repetitions of each exercise, held for 15–30 seconds</td>
</tr>
<tr>
<td><strong>T</strong>ype</td>
<td>Continuous rhythmic activities using large muscle groups</td>
<td>Resistance exercises for all major muscle groups</td>
<td>Stretching exercises for all major joints</td>
</tr>
</tbody>
</table>

**FIGURE 7.2** A summary of the FITT principle for the health-related components of fitness.
Set Up a System of Mini-Goals and Rewards

- To stay on track, it is important to set up a system of goals and rewards
- Break your specific goals into several steps
- Set a target date for each step
- Realistic goals broken into achievable mini-goals can boost your chance for success
Include Lifestyle Physical Activity in Your Program

- Daily physical activity is an important part of a fit and well lifestyle
- Find methods to become more physical in your daily routines
- Use your health journal to track your activities for several days
- Review your records and identify routine opportunities to become more active
Develop Tools for Monitoring Your Progress

- Recording your daily progress helps remind you of your commitment to your program and gives you a sense of accomplishment.
- Post your log in a place where you will see it often as a reminder and incentive for improvement.
- Compare your results over time, preferably every 3 months.
A Sample Program Log

Name: Tracie Kaufman

Enter time, distance, or another factor (such as heart rate or perceived exertion) to track your progress.

<table>
<thead>
<tr>
<th>Activity/Date</th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>S</th>
<th>S</th>
<th>Weekly Total</th>
<th>M</th>
<th>Tu</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>S</th>
<th>S</th>
<th>Weekly Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Swimming</td>
<td>800 yd</td>
<td></td>
<td>725 yd</td>
<td>800 yd</td>
<td></td>
<td></td>
<td></td>
<td>2325 yd</td>
<td>800 yd</td>
<td>800 yd</td>
<td>850 yd</td>
<td></td>
<td></td>
<td></td>
<td>2450 yd</td>
<td></td>
</tr>
<tr>
<td>2 Tennis</td>
<td></td>
<td></td>
<td></td>
<td>90 min</td>
<td></td>
<td>90 min</td>
<td></td>
<td>95 min</td>
<td>95 min</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Weight Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>4 Stretching</td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

**FIGURE 7.3** A sample program log.
A Sample Program Progress Chart

FIGURE 7.4  A sample program progress chart.
Make a Commitment

- The final step in planning your program is to make a commitment.
- Signing a personal contract is a way to accomplish this.
- Find a witness for this contract, preferably one who will be involved in your fitness program.
- Keep your contract in a visible spot as a reminder of your commitment.
Putting Your Plan into Action

- Start slowly and increase fitness gradually
- Find an exercise buddy
- Ask for support from others
- Vary your activities (cross-training)

- Cycle the duration and intensity of your workouts
- Adapt to changing environments and schedules
- Expect fluctuations and lapses
- Choose other healthy lifestyle behaviors
Maintaining Your Program: Fit For Life

- Be safe
- Have several exercise options
- Keep an exercise journal
- Reward yourself
- Choose other healthy lifestyle behaviors
Exercise Guidelines for Life Stages

- Children and Adolescents
- Pregnant Women
- Older Adults
Chapter Seven

PUTTING TOGETHER A COMPLETE FITNESS PROGRAM