

F.I.T.T.E. Principle

Name: _____

1. Frequency

I am going to begin my activity _____ times per week.

I am going to continue my current activity _____ times per week.

2. Intensity

I am going to aim to achieve a heart rate of _____ beats per minute (60-80% max HR 220-age).

Or

Low _____ Moderate _____ High _____

3. Time

My goal is to engage in my activity for _____ minutes per session.

4. Type

I am going to choose from among of the following activities:

5. Enjoyment

_____ I already enjoy my current physical activities.

_____ I have a plan to enhance my enjoyment by doing one of the following:

(examples: bring a friend, watch TV, read a magazine, try something new, take a class, use a personal trainer)

