

Personal Fitness Plan

Type of Activities	Components (Check ✓)					Intensity*	Time	Frequency (Check ✓)							
	Cardiorespiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility	Body Composition			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1.															
2.															
3.															
4.															
5.															
6.															

* You should conduct activities for achieving Cardiorespiratory Endurance goals at your target heart rate or RPE value.