**Assignment 3:**

REC 1040 – Foundations for Training 1

**Create a basic individual fitness plan for achievement of goals in health and performance related components of fitness – guidelines on pg 7. (50 marks).**

**Designing a Personal Fitness Program**

Having good personal fitness is an important part of leading and living a healthy lifestyle. For this assignment you are being asked to develop a personal fitness plan that will enable you to get and keep fit and that you will enjoy. The assignment can be done in a format of your choosing that is user-friendly (you can take it to the gym with you to workout, and it is easy to use during the Summer). The following sheets have been provided for your use if you want. If you prefer another format, the same information must be contained within the sheets.

The following information must be contained in the assignment:

1. A realistic long-term plan and goals for you to follow in order to develop your own personal fitness during the Summer.

2. A personal, weekly schedule of physical activities that you may follow.

3. A workout training schedule that is easy to follow and contains spaces for the following: name, date, exercise (stretch, weights. cardio), sets, repetitions, and weight. Please see the website for templates. Use a format that makes sense to you and is easy to use!

4. A list of references and resources (people, magazines, books, websites, etc.) that you used to create your program. (see rubric).

**Assessment- See Rubric on website**

Knowledge and Understanding - /10

Thinking and Inquiry - /15

Communication - /10

Application - /15