




FITT Principle Worksheet

Date:	Aerobic	Strength	Flexibility	Balance
Frequency 	5 x a week	2 x a week	5 x a week	4 x a week
Intensity 	3 x moderate 2 x vigorous	2 x moderate	3 x low 2 x low – moderate	2 x low 2 x low -moderate
Time 	5 x 30 minutes	3 x 30 minutes	3 x 15 minutes 2 x 60 minutes	2 x 15 minutes 2 x 60 minutes
Type 	3 x walking 2 x spin class	2 x weight lifting	3 x stretching 2 x yoga	3 x balance exercises 2 x yoga