Lead Trainer: [name]

Nutrition Trainer: [name]

Muscular Strength Trainer: [name]

Muscular Endurance and

Flexibility Trainer: [name]

[Name of School]

Fitness Training Plan

For

[Your Name

Your Class Period

Your Teacher’s Name]

[*Write a positive comment about exercising and/or getting in shape]*

[Insert picture of school here. Be creative, see if you can get a picture of your school’s workout room, but be sure you get permission first from your PE teacher]

[Insert team picture here]

**[Client’s Name]**

[Height & weight]

[Pre-Fitness Score Push Up]

[Pre-Fitness Score Curl Up]

[Pre-Fitness Score Flexibility]

[Pre-Fitness Score Aerobic Capacity]

Your fitness team has evaluated your baseline fitness scores and learned about the activities you like to do and the goals you have set.

SMART FITNESS GOALS

* [Describe a short term nutrition goal here]
* [Describe a short term muscular strength goal here]
* [Describe a short term muscular endurance goal here]
* [Describe a short term cardiovascular goal here]
* [Describe a short term flexibility goal here]
* [Select the fitness goal that is most important to your client. Describe a long term goal here.]



Nutrition Plan

Nutrition is important for all around fitness. The foods and drinks we consume play a major part in our overall wellness. If we eat more calories than we burn, then weight gain will happen. But did you know the *types* of food we eat effect how we feel? This means that some foods increase chances of weight gain, but also make us feel like not moving. It is important to eat a high quality diet to help us manage calorie balance **and** make us feel like we want to get up and move, dance, play sports, etc..

Your fitness team has worked together to create a total fitness plan for you. The nutrition trainer has created a sample day for you:

**Breakfast –** [list all the foods the client should eat for this meal. ]

**Snack –** [list all the foods the client should eat for this meal]

**Lunch –** [list all the foods the client should eat for this meal]

**Snack -** [list all the foods the client should eat for this meal]

**Dinner -** [list all the foods the client should eat for this meal]

**Recommended Recipe –** [select a recipe from [MyPlate sample recipes](http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html) Describe the recipe, include the web page link and picture.]

**OVERLOAD**

**PROGRESSION**

Insert photo of the recipe you selected from MyPlate.

You can use google images, draw, or take your own photo.

1. **Muscular Strength/Endurance Overload:** To help you improve [client’s muscular strength or endurance goal] you will need to increase [describe activity here].
2. **Cardiovascular Fitness Overload:** To help you improve [client’s cardiovascular fitness goal] you will need to increase [describe activity here].

**[Choose (1) goal for your client to create a progression):** The best way to help you [describe client’s goal] we will need to increase the amount of [describe specific exercises prescribed for your client aligned with goals] by gradually increasing the number of sets and reps for muscular strength and endurance, or by increasing the time exercising for cardiovascular fitness. The progression plan will be:

* 1. **Week 1 [describe frequency, intensity level, type, and time, of the exercise you are prescribing for your client]**
  2. **Week 2 [same as above but increase the load no more than 10% increase from previous week]**
  3. **Week 3 [same as above but increase the load no more than 10% increase from previous week]**
  4. **Week 4 [same as above but increase the load no more than 10% increase from previous week]**

[*Write a positive, encouraging statement here for your client!]*

[Describe the activity in the picture]

[Describe the activity in the picture]

[Describe the activity in the picture]

Insert photo of Muscular Strength here. Pick an activity your client enjoys doing. You can use google images, draw, or take your own photo.

Insert photo of Flexibility here. Pick an activity they enjoy doing. You can use google images, draw, or take your own photo.

Insert photo of Cardiovascular Fitness here. Pick an activity your client enjoys doing. You can use google images, draw, or take your own photo.

Insert photo of Muscular Strength here.