

S.M.A.R.T. GOALS

S= SPECIFIC

M= MEASURABLE

A= ATTAINABLE

R= REALISTIC

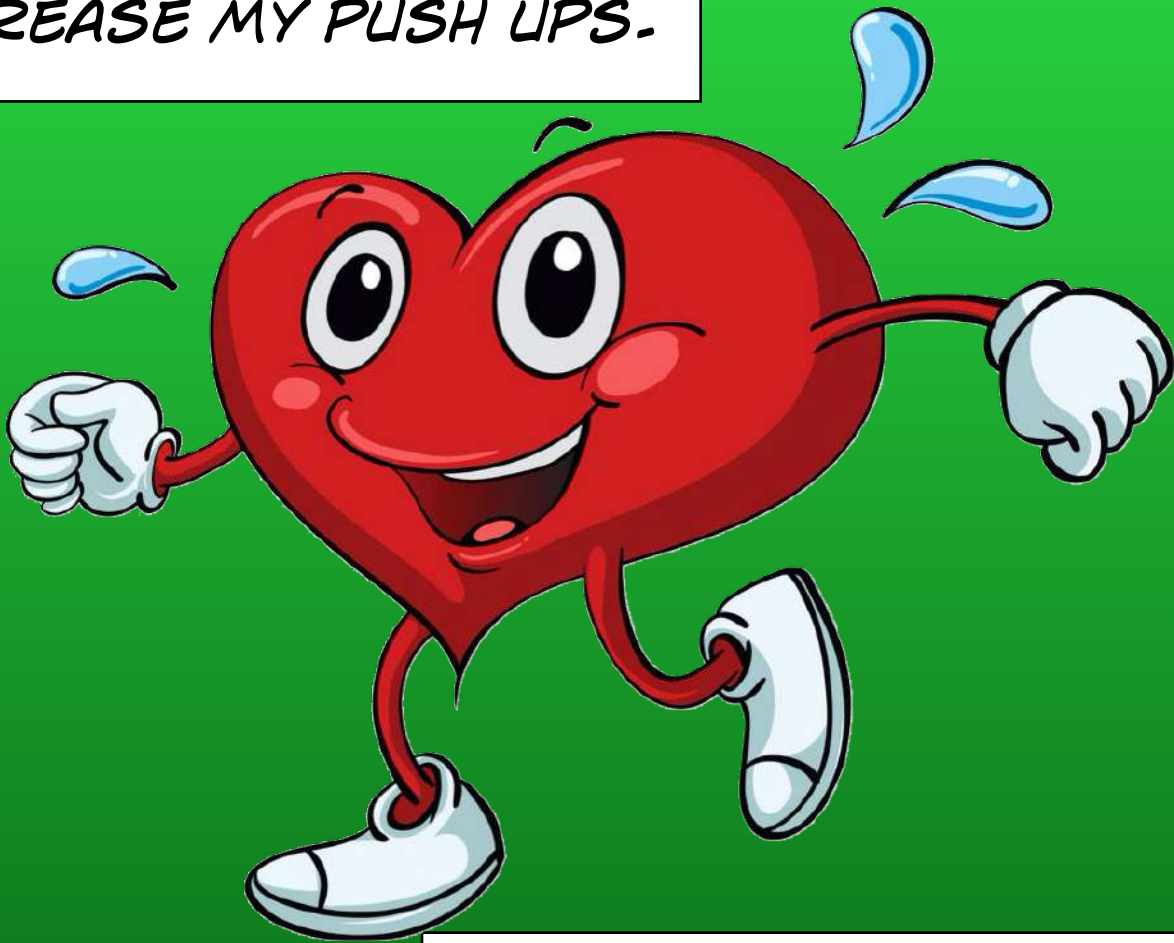
T= TIMELY



S.M.A.R.T. GOALS

BAD EXAMPLE:

INCREASE MY PUSH UPS.



GOOD EXAMPLE:

I WANT TO INCREASE THE
NUMBER OF **PUSH UPS** I
CAN DO BY **4** BY THE **END**
OF THE MONTH

F.I.T.T. PRINCIPLE

F = FREQUENCY

I = INTENSITY

T = TIME

T = TYPE

F.I.T.T. PRINCIPLE FOR OVERLOAD

F.I.T.T.	Cardiorespiratory Endurance	Muscular Endurance	Muscular Strength	Flexibility
FREQUENCY <i>How often physical activity is performed</i>	3-5 times per week	3-5 times per week	3 times per week	3-5 times per week
INTENSITY <i>How hard a person performs physical activity</i>	60-90% maximum heart rate	12+ repetitions maximum	3-7 repetitions maximum	Tension & slight discomfort without a sensation of pain.
TIME <i>How long a person does physical activity</i>	20 minutes or more	Time required to do 12+ repetitions of each exercise	Time required to do 3-7 repetitions of each exercise	Time required to hold each stretch for 10-30 seconds
TYPE <i>The kind of activity a person does to improve their fitness</i>	Running Swimming Cross-Country Skiing Bicycling Jump Rope Hiking	Free Weights Resistance Machines Partner-Resisted Exercises Body-Weight Exercises	Free Weights Resistance Machines Partner-Resisted Exercises Body-Weight Exercises	Yoga/Pilates Static Stretching Dynamic Stretching P.N.F. Stretching

BORG RATING OF PERCEIVED EXERTION

10	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath. Unable to talk.	ZONE 6 Neuromuscular/Power	94-100% Maximum Heart Rate
9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breath and speak a single word.	ZONE 5 VO2 Max/Speed	89-94% Maximum Heart Rate
7-8	VIGOROUS ACTIVITY On the verge of becoming uncomfortable. Short of breath, can speak a sentence.	ZONE 4 Anaerobic/Threshold	82-89% Maximum Heart Rate
4-6	MODERATE ACTIVITY Feels like you can exercise for hours. Breathing heavily, can hold short conversation.	ZONE 3 Stamina/Tempo	75-82% Maximum Heart Rate
2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation.	ZONE 2 Endurance/Aerobic	65-75% Maximum Heart Rate
1	VERY LIGHT ACTIVITY Anything other than sleeping, watching TV, riding in a car, etc.	ZONE 1 Recovery/Basic Endurance	60-65% Maximum Heart Rate