

Module 2: Physical Training Fitness Principles

Topic 6 Content: My Fitness Calendar Notes

Image 1

MY FITNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Notes

My Fitness Calendar

A blank calendar showing the days of the week.

Module 2: Physical Training Fitness Principles

Topic 6 Content: My Fitness Calendar Notes

Image 2

MY FITNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aerobic exercises for 30 minutes	Anaerobic exercises for 30 minutes	REST	Aerobic and Anaerobic exercises for 2 hours	REST	Aerobic and Anaerobic exercises for 1 hour	REST

Notes

Build in days

of rest!

My Fitness Calendar

A filled in calendar showing the following information:

- Monday – Aerobic exercises for 30 minutes
- Tuesday – Anaerobic exercises for 30 minutes
- Wednesday – Rest
- Thursday – Aerobic and Anaerobic exercises for 2 hours
- Friday – Rest
- Saturday – Aerobic and Anaerobic exercises for 1 hour
- Sunday – Rest