**Part I: Nutritious Meal Plan**

You can use the MyPlate guide by the USDA as a great resource to help plan nutritious meals and snacks. Plan healthy and well-balanced meals and snacks to provide you with the energy needed to participate in at least 60 minutes of physical activity each day. Make modifications to your meal plan as needed.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |

**Part II: Sleep Plan**

Sleep allows the body to renew and repair itself. Teenagers are recommended to aim for 9-10 hours of sleep each night; adults are recommended to have 7-8 hours of sleep each night. Plan what time you will go to sleep, what time you will wake up, and how many hours you will sleep each night. Make modifications to your sleep schedule as needed.

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Schedule** | Sleep:  Awake:  Total hours: | Sleep:  Awake:  Total hours: | Sleep:  Awake:  Total hours: | Sleep:  Awake:  Total hours: | Sleep:  Awake:  Total hours: | Sleep:  Awake:  Total hours: | Sleep:  Awake:  Total hours: |

**Part III: Fitness Plan**

Begin designing your fitness plan by calculating all of the heart rate information requested in the chart below. Use the information provided in the formula column to determine your numbers in the last column. Since you should stay within your target heart range for at least twenty minutes when you exercise, be sure to take note of the Target Heart Rate calculations. According to the American Heart Association (2016), your target heart rate should fall between fifty percent and eight-five percent of your maximum heart rate. **Moderate intensity** indicates fifty percent to sixty-nine percent of your maximum heart rate. **High intensity** shows seventy percent to eighty-five percent of your maximum heart rate. It is okay for you to dip into high intensity activity, but you should not stay there too long. It is designed for cardiovascular training, but for a more serious athlete.

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Formula** | **Your Numbers** |
| 1 | Determine your resting heart rate. | Rest for at least 20 minutes, and then take your pulse. |  |
| 2 | Determine your Maximum Heart Rate (MHR). | (220 - age) |  |
| 3 | Moderate Intensity Target Heart Rate | MHR x .50 to MHR x .69 |  |
| 4 | High Intensity Target Heart Rate | MHR x .70 to MHR x .85 |  |

In the chart below, record all of the requested details about your physical activity completion.Your goal is to complete a total of 420 minutes of activity throughout the week at a pace of sixty minutes of exercise each day. Your physical activity should include a variety of aerobic exercise, muscle strengthening activities, and bone strengthening activities. During each aerobic exercise, you should maintain your target heart rate for at least twenty minutes.

You can use an exercise tracking device or system like a gaming console, watch, wristband, pedometer, mobile application, or a software program. Make sure that you indicate on the chart below which exercise tracking system you use and save the information/data from each workout.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Date | Length of Activity (in minutes) | Activity Description | Time of Day Activity Was Performed | Time In Target Heart Rate Intensity Level | Method of Heart Rate Monitoring | Use of  Exercise Tracking Technology  Yes/No |
| Sunday |  |  |  |  |  |  |
| Monday |  |  |  |  |  |  |
| Tuesday |  |  |  |  |  |  |
| Wednesday |  |  |  |  |  |  |
| Thursday |  |  |  |  |  |  |
| Friday |  |  |  |  |  |  |
| Saturday |  |  |  |  |  |  |
| Total Activity Time |  |  | | | | |