**Active Health Action Plan**

Your task is to compile the information you have gotten during this unit to complete a fitness plan which will include the following:

1. **A Title Page including your name, block and date along with Pictures of your choice related to the assignment. (5 marks)**
2. **Table of Contents (Shows how your Plan is organized)(5 marks)**
3. **Definition of Wellness (5 marks)**
   1. Include the dimensions of wellness
4. **An explanation of the following (5 marks)**
   1. Strength
   2. Flexibility
   3. Cardiovascular fitness
5. **An overview of the F.I.T.T principle (5 marks)**
   1. What each letter stands for
   2. The recommended principles for Strength, Flexibility and Cardiovascular Training
6. **Self-evaluation of your current fitness using the above components. You can use the Fitness testing results we have done in class as well as other activities in which you are involved outside of class Include your resting HR, Max HR and Target HR (5 marks)**
7. **Your 3 SMART Goals. Include how you will measure success or improvement.(10 marks)**
   1. One Cardiovascular
   2. One Strength
   3. One Personal Goal
8. **Explain how and why it is important to warm-up and cool down (5 marks)**
9. **The recommended daily food guide suggestions for someone your age and gender(5 marks)**
10. **A record of your diet over the course of two days(10 marks)**
    1. A comparison of your current eating habits to Canada’s suggested daily intake including a self reflection of what you can do to improve your eating habits
       1. Include a sample meal plan for two-three days
11. **Based on your SMART goals complete the following**: **(20 marks)**
    1. Strength
       1. Give a sample workout schedule with examples of exercises you will complete, which muscles each exercise targets. Include pictures of each exercise. Be sure to include at least one exercise you can do with weight and one that you can do without weight
       2. Sets/Reps
    2. Cardiovascular
       1. Include sample exercises you will complete.
    3. Personal Goal
       1. What you will do to achieve this goal
       2. Research strategies and activities, you will practice to complete to meet this goal
          1. For example: If you are focusing on stress reduction you could include activities such as meditation
12. **Personal Fitness Calendar (15 marks)**
    1. Create a calendar to describe ONE week worth of activity that you will use to meet your goals. Include frequency, intensity, time and type (for example, space your cardiovascular workouts out during the week and don’t have several “extremely hard” days in a row.) Try to make this plan realistic, and challenging. Make sure your activities clearly line up with your goals. Make sure the calendar clearly show frequency, intensity, time or type of activity.
13. **Who can/will support you in your Health Goals( 2.5 marks)**
14. **What barriers will you face, how can you overcome these barriers? (2.5 marks)**

