



Exercise Goal 2

Getting Past a Plateau

Plateau - Remember that a plateau happens when your body has become used to the exercise routine (it's too easy) and you are no longer making gains. To Pick up the Pace and challenge your body we need to change the **F.I.T.T.**

Frequency - How many days per week you exercise.

Intensity - The number of repetitions and speed of repetitions.

Time - How long you perform each exercise.

Type - What exercise routine or exercises you choose.

Name

Date

Goal: Your goal for this month is to do 20 minutes of cardiovascular exercise at least 3 days per week.

Short Term Goal

Use **F.I.T.T.** to make adjustments to your 20 minute cardiovascular routine this week to prevent an exercise plateau and to tax (challenge) your cardiovascular system (heart and lungs) to become healthier. **Be specific:**

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Weekly log

Record what you do each day to reach your short term goal. **Be specific:**

Monday
Tuesday
Wednesday
Thursday
Friday

End-Of-Week Progress

Progress:

No Progress:

Name of Student Grading:

Review the data in the weekly log. Is the student making progress towards reaching the goal? **Be Specific.**

Be specific:

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If the short term goal is on task to reaching the goal put a check in the **Progress** box.

If the short term goal is NOT on task to reaching the goal put a check in the **No Progress** box.