



Name: _____

Date: _____

Fitness Island

Instructions: As a contestant on a new reality show called “Fitness Island,” you’ll compete in physical tasks to win fame and fortune. Because the physical challenges require strength and endurance, the TV show’s producers want to make sure you’re in top physical shape. Write your plan for how you’ll train before arriving at Fitness Island.

Training Plan for Fitness Island

Aerobic Exercise	How will these activities improve your fitness level?

Strength Training	How will these activities improve your fitness level?

Flexibility Training	How will these activities improve your fitness level?



Sample Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Time:	Time:	Time:	Time:	Time:	Time:	Time:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration: