

Unit 4: Wellness, Fitness, and First Aid
Chapter 1: Achieving a Healthy Lifestyle

Lesson 1: Choosing the Right Exercise Program for You

Exercise 2: Exercise Program and Schedule

Directions:

- Look at the sample “Weekly Physical Fitness Training Schedule” in your text. Use it as a suggestion for how you might build your own program.
- Start your daily exercise program on Monday. Enter the dates in the ‘Date’ column next to the appropriate day of the week.
- For each day, list the exercises/activities you plan to do in the appropriate block/cell of the table. On the day you do each exercise/activity, record the number of minutes you participated in that type of exercise/activity.

Days of Week	Date	Warm-up/Stretching (slow walking, mild stretching or calisthenics lasting 5 – 7 minutes)	Total Minutes warm-up	Conditioning Exercises to include Strength Training (generally lasting 20 minutes)	Total Minutes conditioning exercises	Aerobic Conditioning Activities (jogging, brisk walking, rollerblading, dancing, bicycling, & swimming)	Total Minutes aerobic conditioning	Cool-down/Stretching (slow walking, simple calisthenics, mild stretching lasting 4-6 minutes)	Total Minutes for cool-down
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

Unit 4: Wellness, Fitness, and First Aid
Chapter 1: Achieving a Healthy Lifestyle
 Lesson 2: You Are What You Eat

Exercise 1: Daily Food Intake

Directions: Record the food groups of the various items you eat each day. Also record the food group, the number of servings, and the number of calories for each food item.

1. Day / Meal	2. Food Item	3. Food Group	4. # of Servings	5. Calories