

Application**18****DEVELOPING YOUR PERSONAL PLAN
STEP IV: STRUCTURE YOUR PROGRAM PLAN
AND WRITE IT DOWN**

Use the next two pages to structure your program and write it down. Follow the instructions for each section. Refer to your textbook for more information. You will develop a program for a typical week.

Part 1—Structure Your Program

Objective: To structure your fitness program.

Procedure: Follow the steps for developing your own fitness program on textbook pages 305-309. You will choose warm-up and cool-down exercises and plan all the activities for a typical week of your program.

Warm-Up

On the lines below, write all the exercises you plan to do for your warm-up.

Cool-Down

On the lines below, write all the exercises you plan to do for your cool-down.

Special Exercises

You might want to include special exercises in your program. For example, you might want to do exercises to help your posture or calisthenics to build strength. In the left column below, write each reason for doing a special exercise. In the right column, describe each special exercise you plan to do. These exercises will be scheduled into your program later.

Reason for special exercise

Names and descriptions of special exercises

Activities

On the lines below, list all the physical activities you will do in one typical week. Include sports practice, exercises, and all other activities.

On the next page, follow part 2 to write your plan for one week.