

FITNESS TARGET ZONES AND NUTRITION

**Consume the recommended number of servings
from each of the food groups.**

F	Frequency	Eat three meals a day. An occasional snack is fine.
I	Intensity	The number of calories you consume each day should fall within the range recommended for your sex and age group unless you are extremely sedentary or very active.
T	Time	Eat meals at regular intervals, such as morning, noon, and evening.