

Wellness Topic

FITT Principle

FITT Principle – Exercise Prescription

Frequency – Number of times per week you engage in physical activity or exercise

Intensity – How hard you work during physical activity or exercise

Time – The length of time, or duration, that you work in minutes or hours

Type – The specific type or mode of activity that you choose to do

1. Frequency

Current frequency of weekly activity:

How would frequency change to improve your skills?

2. Intensity

Current intensity levels of activity:

How would intensity change to improve your skills?

3. Time

Current time spent engaging in activity:

How would your time change for skill improvement?

4. Type

Do you enjoy this activity?

How much time do you have for this activity?

How much money can you afford to spend on necessary equipment and environment?