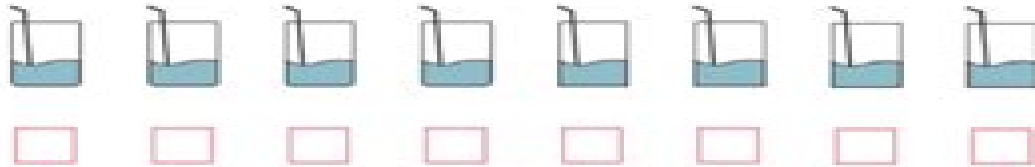


DAILY FITNESS PLANNER

DATE: _____

TODAY I AM: 😊 😄 😐 😞 😓

WATER INTAKE:



every
workout
counts

SLEEP (HOURS): _____

| EXERCISE | TIME |
|----------|------|
| | |
| | |
| | |

| BREAKFAST | LUNCH | DINNER | SNACK |
|-----------|-------|--------|-------|
| | | | |

NOTES:

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**MacDonald, Lynn Couturier, Doan,
Robert, Chepko, Stevie**



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Designing the Fitness Program John LeCuyer, 2001 Public safety work is dangerous and the link between fitness and remaining injury free has been well established by research. *Designing the Fitness Program* examines the physical demands on public safety officers as well as an array of related health and safety issues. In proposing that each public safety organization implements a fitness program for its personnel, the author provides a variety of options for ensuring that the standards and test regimens adopted by a department are suitable both in terms of individual members and the roles that they fulfill. His unique thought-provoking analysis of test protocols will help organizations avoid many of the pitfalls associated with modern labour laws and declaring anyone whether rehabilitated member or new recruit fit for duty.

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Part I Analysis Identifying the problem Standards and legal aspects The labour management agreement
Part II Design Fitness defined Basic design plan The design matrix
Part III Development Staff and resources Test selection and development Developing the pilot study
Part IV Implementation Conducting the pilot study
Part V Education Standards and statistics Exercise recommendations and training Evaluating the program
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Lesson Planning for High School Physical Education MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie, 2018 Lesson Planning for High School Physical Education offers more than 240 lesson plans that are standards based and ready to use. These innovative plans are great for fostering physical literacy in your students. The book also provides guidance on how to plan effective lessons that align with SHAPE America's National Standards and Grade Level Outcomes for K-12 Physical Education.

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