

# DAILY FITNESS PLANNER

DATE: \_\_\_\_\_

TODAY I AM: 😊 😄 😐 😞 😓

WATER INTAKE:



every  
workout  
counts

SLEEP (HOURS): \_\_\_\_\_

EXERCISE	TIME

BREAKFAST	LUNCH	DINNER	SNACK

NOTES:

# Fitness Planner Tutorial

**Minjie Lin**



## **Fitness Planner Tutorial:**

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 weather rehabilitated member or new recruit fit for duty Contents 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 an 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 Part VI Supplemental programs Work injury management Wellness Physical performance Appendices *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 *The Journal of Health and Physical Education* ,1942 Journal of Health, Physical Education, Recreation ,1963 **The Professional's Guide to Fitness** Lawrence Schwartz, 1999 For business professionals who work hard and often get stuck in an office hotel room or commuter traffic getting fit and staying healthy can be a real challenge Now with The Professional s Guide to Fitness things just got a lot easier Moving and Learning Lesson Plan Manual Beverly Nichols, 1990 **Pitman's Journal** ,1912 **Journal of Rural Education** ,1925 *Guide and Criteria for Program Quality Review* ,1994 **The Journal of Rural Education** ,1925 The Journal of Physical Education ,1930 **Otto E. Miller, Plaintiff-Respondent, Against Fred W. Smythe, Defendant-Appellant** , **Health and Wellness** Linda Brower Meeks, Philip Heit, Randy Page, 1999-12 **The School Journal** ,1903 New York School Journal ,1903 **American Red Cross Water Safety Instructor's Manual** ,2004 **Pitman's Journal of Commercial Education** ,1895 *Y's Way to Water Exercise Instructor's Guide* Joseph A. Krasevec, 1989 **Becoming Physically Fit** Steffani S. McQueen, 2006-07 BECOMING PHYSICALLY FIT is a new telecourse produced by the DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications This course is designed to move students toward improving their personal physical fitness and obtain an overall healthier lifestyle at a pace specific to each individual Students are asked to make behavioral as well as physical changes to their lifestyle The successful

implementation of these changes serves to motivate students to maintain personal fitness proper nutrition and lifelong healthy lifestyle choices For more information on the course visit <http://telelearning.dcccd.edu> *Teen Health* Mary Bronson Merki,1999

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