

Fitness Plan Worksheets

Exercise is good for you in many different ways. It can help you maintain a healthy weight and boost your overall energy level. Regular exercise lowers stress and anxiety and helps improve your mood.

Exercise can and should be fun. Knowing the health benefits of exercise will help you get started. The worksheets in this section will help you figure out what motivates you (or gets you to exercise), which types of activities you'll enjoy most, and how to fit them into your life.

PCOS TIP: Talk to your health care provider about managing your PCOS. Most young women with PCOS need to take medication, even with good nutrition and exercise. If you have more questions about PCOS and nutrition, ask your health care provider about talking to a registered dietitian who has experience in working with teens with PCOS.

Worksheet 1: Focus On Fitness

MY FITNESS MOTIVATORS AND HEALTH BENEFITS

What makes you want to be physically active? Use the boxes on the right to check off what motivates you. Use the extra lines at the bottom to write down other reasons why you want to make fitness a part of your life.

- Have more energy
- Release stress
- Keep my heart healthy
- Improve my overall health
- Manage my weight
- Improve my self-esteem
- _____
- _____

MY PHYSICAL ACTIVITIES

Activities such as playing sports, exercising, or dancing are both fun and good for you. What activities do you like to do? Check off some other physical activities you enjoy, or write them in.

- Riding my bike
- Playing a team sport
- Taking a dance class
- _____
- _____

MY EVERYDAY ACTIVITIES

You can move your body more by changing your daily routine, such as walking instead of getting a ride. Check off some of the things that you could change, and write in a few of your own ideas, too.

- Walking instead of driving or taking the bus
- Taking the stairs instead of the elevator
- Walking around while talking on the phone
- _____
- _____

MY TIME TO GET FIT

You need to make room in your busy schedule to make time for fitness. Think about ways to work in a workout. Check off or add some strategies that will help you make time for fitness.

- Cut TV, internet, & video game time in half
- Go for a walk with a friend or a group of friends
- Schedule work-out time in my planner
- _____
- _____

MY FITNESS GOALS

Having clear goals can help motivate you and keep you focused. Check off or write in your top three fitness goals for the next month.

- Join a sports team, or learn a new sport
- Try a new dance or aerobics class
- Try an exercise DVD
- Run a mile
- Start a walking club with friends
- _____
- _____

Intro To Worksheet 2

A good fitness plan should include a balance of stretching, toning, and aerobic activities.

- The **Stretch It** section lists stretching exercises that will keep you flexible, help you relax, and help prevent injuries such as pulling a muscle from reaching too far.
- The **Tone It** section lists strengthening exercises that will help you build strong muscles and boost your metabolism.
- The **Move It** section lists aerobic activities that will help keep your heart healthy and strong.

Worksheet 2 lists exercises from each of the Fun Fitness sections. Check off the ones you want to try, and use the extra lines to fill in related exercises you'd like to try. You can include exercises you've learned from a sports team, in gym class, or from a certified personal trainer. Be sure to choose items from each column for a balanced workout.

You can learn the proper way to do each of the Stretch It and Tone It exercises by checking out the Nutrition and Fitness section of our website youngwomenshealth.org.

Worksheet 2: Fun Fitness

STRETCH IT

UPPER BODY

- Bicep
- Tricep
- Chest
- Upper Back
- Cross Shoulder

MIDDLE BODY

- Back
- Abdominal
- Waist Reach

LOWER BODY

- Hamstring
- Inner Thigh
- Outer Thigh
- Quadricep
- Lunge

RELATED ACTIVITIES

- _____
- _____
- _____
- _____
- _____
- _____

TONE IT

UPPER BODY

- Overhead Shoulder Press
- Chest Press
- Bent Knee Push Up
- Bicep Curl
- Tricep Extension

MIDDLE BODY

- Sit Up
- Isometric Sit Up
- Side Twist Sit Up
- Front Arm Raise

LOWER BODY

- Inner Thigh Lift
- Outer Thigh Lift
- Power Lift Kick
- Squat
- Calf Lift

RELATED ACTIVITIES

- _____
- _____
- _____
- _____
- _____
- _____

MOVE IT

- Aerobics
- Basketball
- Biking
- Dancing
- Field Hockey
- Hiking
- Ice Hockey
- Ice Skating
- Jumping Rope
- Kickball
- Kickboxing
- Power Walking
- Running
- Skiing
- Soccer
- Tennis
- Track
- Volleyball

RELATED ACTIVITIES

- _____
- _____
- _____
- _____
- _____
- _____

Great! You've selected the exercises you'd like to try. Next, you can learn how to do the Stretch It and Tone It exercises online at: www.youngwomenshealth.org/fitness. The last step toward getting your fitness program going is to add these activities into your weekly routine. Worksheet 3 will help you with planning and scheduling.

Intro to Worksheet 3

Make sure to make time to do the activities that you've chosen from Worksheet 2. This will help you plan your fitness schedule so that exercising becomes part of your daily routine.

Look back at your completed Fun Fitness Worksheet and fill in the calendar on the next page (My Fitness Plan) with the activities that you've chosen. Think about what activities will work best on which days and what time of day would be best to do them. Remember to balance stretching, toning, and aerobic activities. You don't have to do all three in one day, but remember to also schedule your week so that you're not doing only one type of exercise.

After you've created your fitness schedule on Worksheet 3, it's a good idea to mark the days that you plan to exercise on your own phone or calendar. Put this worksheet someplace where you'll see it as a reminder.

Worksheet 3: My Fitness Plan

DAY, DATE, TIME	ACTIVITY AND LOCATION
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Congratulations! You thought about what motivates you. You've selected different fun fitness activities and you've planned your exercise goals. By completing these 3 worksheets, you've taken a big step towards becoming healthier and fit. Be proud of yourself and keep up the good work!