

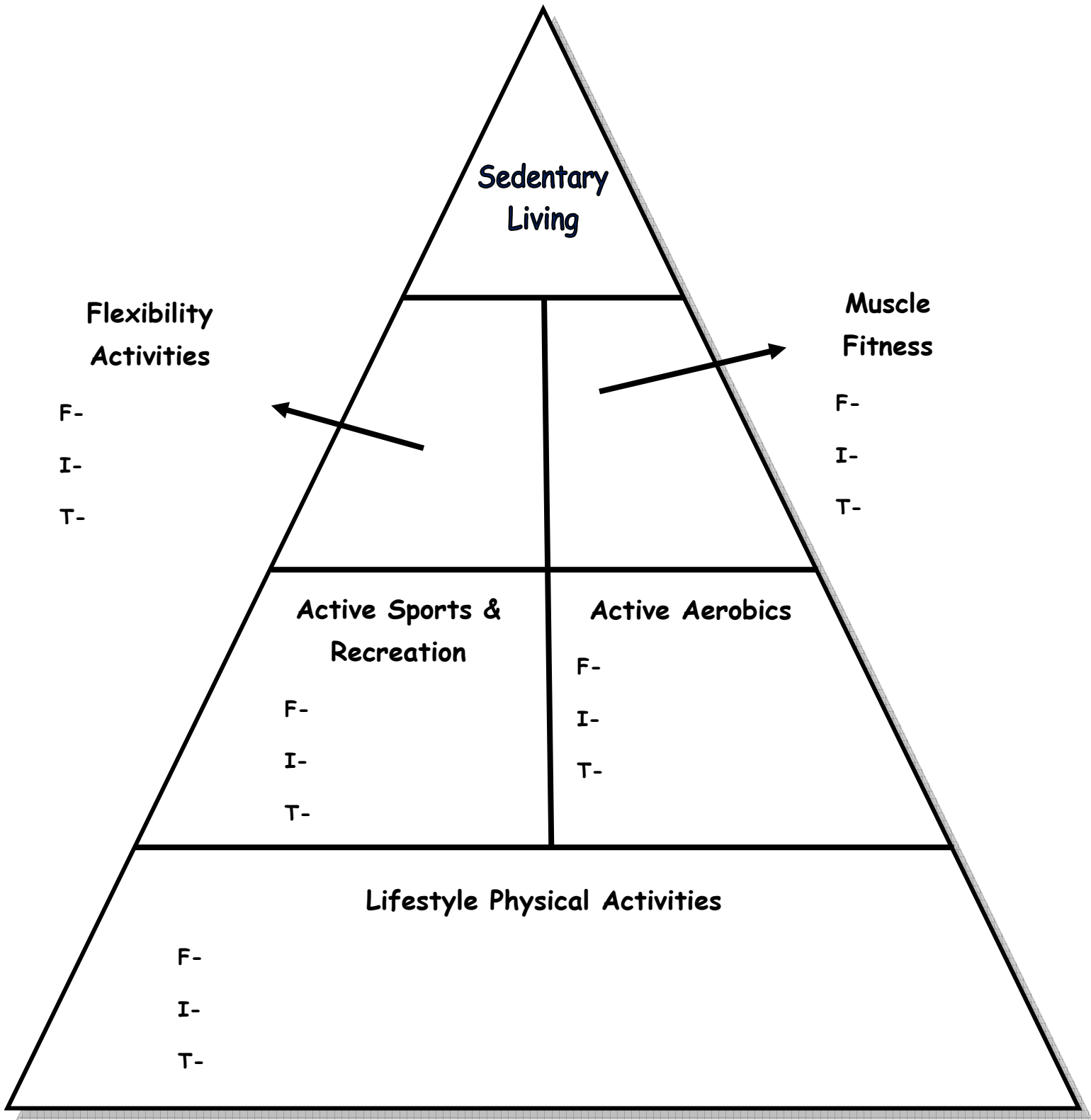
NAME: _____ DATE: _____ PERIOD: _____

FITT FORMULA

In the diagram below, write information about each letter in the FITT formula.

F	
I	
T	
T	

Physical Activity Pyramid



NAME: _____ DATE: _____ PERIOD: _____

Concept Map

Create a concept map in the space below with information from your FITT notes.