FITT Principle

F Frequency: How often you exercise ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\D26ZKWFZ\calendar-cartoon-3~s600x600[1].gif]() ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\J68XU9C3\calendar[1].jpg]()

I Intensity: How hard you exercise ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8GCCVCBX\heart-beat[1].jpg]() ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8GCCVCBX\cardiac-heart-rate-monitor[1].jpg]()

T Time: How long you do an activity ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8GCCVCBX\O22lQ[1].png]() ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q18T41KY\pugg-wall-clock__13080_PE040801_S4[1].jpg]()

T Type: What kind of activity you will be doing ![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\J68XU9C3\weight_lifting_cartoon_man[1].jpg]()![C:\Users\traceyjakaitis\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\Q18T41KY\basketball[1].gif]()