Complete the puzzle. Talk to a family member or friend about what each word means to you.

**Fitness Planning**

**Across**
4) Results from a pre-assessment that show the starting point of a person’s physical activity and health.
5) The act or process of reaching an important conclusion.
7) Part of the FITT principle that specifies what kind of exercise one is doing.

**Down**
1) Includes the four factors of frequency, intensity, time, and type of exercise that lead to a successful fitness plan.
2) Part of the FITT principle that determines how hard one is working the heart and muscles during exercise.
3) Part of the FITT principle that determines how often someone participates in a fitness activity.
6) Exercise that works the heart and lungs to help the body use oxygen better.
7) Part of the FITT principle that specifies how long the exercise will last.