Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the F.I.T.T Principal?
2. What is the Age Adjusted max heart rate Formula?
3. What does each letter stand for and define each one?

F.

I.

T.

T.

1. Fill Out the Chart Below

My MHR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RPE 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 86% to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_100% BPM - MAX

RPE 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 66% to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 85% BPM - Target Heart Health

RPE 3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_51% to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 65% BPM - Basic

RPE 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 40% to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 50% BPM - Daily Activity

RPE 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_0 % to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 40 % BPM - Relaxed

1. F.I.T.T Recommendation Complete the table

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