

BE FIT, STAY FIT FITNESS PROGRAM

FITNESS POINTS SCORING SYSTEM

Strength Training with Proper Form

1 point per body part per day

Maximum: 6 points per day / 24 points per week

Cardiovascular Training

1 point per 10 minutes each day

(brisk walking, running, hiking, swimming, stepping machines, group fitness classes, etc.)

Maximum: 6 points per day / 24 points per week

Example: 1 hour group fitness – 6 points

30 minutes treadmill at target heart workout – 3 point

Flexibility/Stretching

1 point per every 15 minutes

Maximum: 4 points per day / 20 points per week

Example: 1 hour yoga class – 4 points

15 minutes stretching after workout – 1 point

QUICK START GUIDE TO THE **BE FIT, STAY FIT** FITNESS PROGRAM

- 1- RECORD YOUR BODY COMPOSITION MEASUREMENTS
 - 2- DEVELOP YOUR WEEKLY WORKOUT GOALS (FITNESS POINTS LOG)
 - 3- TRACK YOUR DAILY ACTIVITY POINTS (FITNESS POINTS LOG)
 - 4- RECORD YOUR WEEKLY ACTIVITY POINTS (WEEKLY POINTS LOG)
- REPEAT