

# FITT Principle

a rule used to remember  
the correct amount of physical activity needed to reach a goal

<b>F</b> requency	<b>How <u>often</u></b> you do the exercise in a week	Times per week
<b>I</b> ntensity	<b>How <u>hard</u></b> the activity is to do	Heart Rate Maximum Repetitions Pull on muscle
<b>T</b> ime	<b>How <u>long</u></b> you do the activity in a day	Minutes or Seconds Few / Many repetitions
<b>T</b> ype	<b>What <u>kind of activity</u></b> to do	Aerobic Body weight / Weights / Bands Stretching /Gymnastics / Martial Arts

FITT is an acronym. An acronym is a word made from the first letters of other words

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