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| F.I.T.T. | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Frequency** (How often? Which days of the week?) |  |  |  |  |  |  |  |
| **Intensity** (How hard? Low, moderate, high intensity or % of heart rate.) | Intensity  Sets  Reps | Intensity  Sets  Reps | Intensity  Sets  Reps | Intensity  Sets  Reps | Intensity  Sets  Reps | Intensity  Sets  Reps | Intensity  Sets  Reps |
| **Time** (How long? Aerobic-at least 20 minutes.) |  |  |  |  |  |  |  |
| **Type** (Is it aerobic or anaerobic or both?) |  |  |  |  |  |  |  |

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| F.I.T.T. | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Frequency** (How often? Which days of the week?) |  |  |  |  |  |  |  |
| **Intensity** (How hard? Low, moderate, high intensity or % of heart rate.) |  |  |  |  |  |  |  |
| **Time** (How long? Aerobic-at least 20 minutes.) |  |  |  |  |  |  |  |
| **Type** (Is it aerobic or anaerobic or both?) |  |  |  |  |  |  |  |

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