

THE 4 “F”S OF FITNESS™ CHECKLIST

Name: _____

Date: _____

MOVEMORE



STARTING A FITNESS ROUTINE

With so much information coming at you these days as to what the best workout is or the latest fad, it can be hard to know what exercise you should actually do and when. This often leads to people feeling overwhelmed and never even starting a fitness regime. To simplify, here is a simple checklist for you to follow every week.

It's called the 4 Fs of fitness.

THE FIRST F OF FITNESS: FIT

The first F of fitness is “Fit”, or cardiovascular endurance. Each time that you do endurance exercise (walk, jog, run, swim, bike, etc.) and you sustain that exercise over a period of time longer than 20 minutes, you trigger a number of positive adaptations in the body. Your heart gets stronger, your lungs are more efficient, and you increase your ability to deliver oxygen to your body through your blood vessels. All of these adaptations come together over time to help you feel energetic, prevent you from getting sick, and give you the opportunity to reach your potential.

THE SECOND F OF FITNESS: FORCE

The second F of fitness is “Force”, or strength training. When you do strength training you are engaging a different energy system and muscle fibres than when you're doing cardiovascular endurance training. This develops your total muscle strength and prepares your body for situations when you have to pick up the pace – like the final kick when the finish line comes into sight, or sprinting for a bus. In addition to making you stronger, strength training also is believed to help prevent cardiovascular disease, cancer, diabetes, depression, Alzheimer's disease, and Parkinson's disease, among others.

THE THIRD F OF FITNESS: FAST

The third F of fitness is “Fast”, or interval training. Interval training is a form of exercise that involves varying the pace of your workout session anywhere from an easy jog right through to a maximal effort. This combination engages both your aerobic energy system and type I muscles, which are used for endurance, and anaerobic energy systems and type II muscles, which are used for power and speed. By engaging multiple energy systems and muscle fibre types at once, interval training is one of the most efficient ways to improve your overall fitness and health.

THE FOURTH F OF FITNESS: FLEX

The fourth F of fitness is “Flex”, or flexibility. Stretching (also known as building flexibility or mobility) is an incredibly important element of overall fitness that is often overlooked. The most important thing you need to know about flexibility is this: it is good for you. Done properly, stretching can help you decrease muscle tension, reduce pain (make sure you seek professional help if you are having pain!) and improve your range of motion and exercise performance. We just need to understand what to do, how to do it – and when. There are two main types of stretching: dynamic and static. Dynamic stretching (anything that stretches your muscles while moving) should be done before exercise as it increases blood flow, muscle temperature, and range of motion. Static stretching (holding your muscle in a stretch for a period of time) should be done after exercise as it helps to align muscles and reduce tension.

THE FINAL F OF FITNESS: FUN

The final, bonus F of fitness - and arguably the most important - is Fun! Make sure that whatever you decide to do, the activity is fun for you. When you do something you actually enjoy, exercise no longer becomes a chore. While all four areas of fitness are important and should be incorporated into your weekly plan, it's better to do one of them than none. So make sure you're prioritizing fun so you will stick with it!

CRAFT YOUR WEEKLY FITNESS ROUTINE

In an ideal world, you should do three “fit” workouts per week, two “force” or “fast” workouts per week, and daily “flex” workouts. Remember that one workout is better than no workout, so if you can't fit in all of these workouts that's okay. But hopefully this can help serve as a guide as you're planning your week.

THE 4 FS OF FITNESS CHECKLIST

This tool is meant to help you plan your weekly activities and exercise. This will help give you an idea of which area(s) of fitness you might be doing enough of, and which area(s) you need to work on.

HOW TO USE THIS TOOL

Use this tool on a weekly basis to craft your fitness routine. Remember that if you make a plan at the beginning of the week, you're more likely to stick to it. Treat your exercise with the same respect as you would treat a business meeting or brushing your teeth in the morning. Make sure that you also write the time you are planning on exercising. And if you miss a day, don't worry about it! Just continue with the rest of the week's plan. You can look back at your checklist at the end of the week and adjust it for the following week if need be.



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THE 4 “F”S OF FITNESS™ CHECKLIST

MOVE MORE



STEPS

Craft your weekly fitness plan

In the table on the back side of this sheet, write down:

The activity you are planning on doing that day.

E.g. run, spin class, walk, strength training, yoga.

The time you are planning on doing that activity

E.g. morning, lunchtime, evening, or the time of a specific class you want to attend.

Which of the 4 “F”s of Fitness you are targeting

*Note: certain activities might incorporate more than one “F”
- e.g. certain yoga classes have both Force and Flex benefits*

Track your fitness

Make a note of if you completed the activity or not.

Give yourself a checkmark if you did.

Post-assessment

Look back at your week and ask yourself a few questions:

Were you able to follow your fitness plan? If not, why?

Was your plan too challenging? Not challenging enough?

Were you able to target all 4 areas of Fitness?

What changes (if any) will you make to your fitness plan next week?





EXAMPLE

	Activity	Time	"F" of Fitness	Completed?
Day 1	Run	7am	Fit	YES
Day 2	Yoga	6pm flow class	Force & Flex	YES
Day 3	Run	6pm	Fit	NO
Day 4	Strength training	12pm	Force	NO
Day 5	Run	7am	Fit	YES
Day 6	Rest day			N/A
Day 7	Stretch	8am	Flex	NO

SUMMARY

3 Fit workouts

2 Force workouts

2 Flex workouts

POST-ASSESSMENT

Were you able to follow your fitness plan?
If not, why not?

I was able to follow my fitness plan for the most part. I wasn't able to complete the run on one of the days as I got home later from work. By the time I got home, I was too tired and hungry to run.

Was your plan too challenging? Not challenging enough?

The plan was challenging but doable.

Were you able to target all 4 areas of Fitness?

I was able to target all 4 areas, despite missing one workout.

What changes (if any) will you make to your fitness plan next week?

Next week, I will plan to do all of my runs in the morning. If I miss a morning run, I'll make sure to do a walk at lunchtime to make up for it. I will also try and incorporate one more Flex workout into my week (after strength training).

CRAFT YOUR WEEKLY FITNESS PLAN & TRACK YOUR FITNESS

MOVEMORE



	Activity	Time	"F" of Fitness	Completed?
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

SUMMARY

POST-ASSESSMENT

Were you able to follow your fitness plan?
If not, why not?

Was your plan too challenging? Not challenging enough?

Were you able to target all 4 areas of Fitness?

What changes (if any) will you make to your fitness plan next week?



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