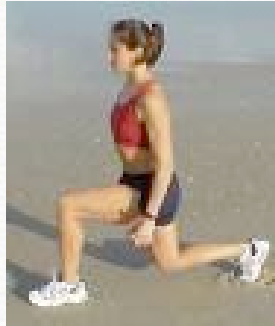


W.W.B-FIT CONCEPT



Frequency

+

Intensity

+

Time

=

F.I.T

| Category | Description | Numerical Value |
|------------|---|-----------------|
| Frequency | If you worked out give yourself a 1 at the end of the session | 1 |
| Intensity | rate yourself on a scale of 1-10 1 is easy <----->10 being hard with-in you work out session | |
| Time | Length of time in each workout session. Give yourself a 1 for every 10 minutes of your workout. For example a 30 minutes work out would be a 3 | |
| F.I.T | Daily Total | |
| Weekly Fit | Add Daily Totals / 7 | |

W. W. B - FIT CONCEPT

Putting it all together:

This F.I.T Chart is meant to be a way to measure your workout sessions and increase your fitness level.

You want to gradually increase your number on the F.I.T chart for optimal fitness.

The F.I.T chart is not a replacement for medical advice, please speak with your doctor before starting any workout plan.

