# Vocabulary Review Worksheet

Name: Blank Class: Blank Date: Blank

Fill in the blank with the word that best completes each sentence.

**1.** A guide for meeting your fitness goals is a Blank .

**2.** The FITT formula is used to determine the Blank intensity, time, and type of physical activity you should be doing for each health-related fitness component.

**3.** In the FITT formula how often you exercise is defined as Blank .

**4.** Blank is the actual exercise you choose to do based on the fitness component you are working on.

**5.** The training principle of Blank states you must do certain kinds of exercise to improve particular muscles or types of fitness.

**6.** The training principles include, Blank , Blank , and  
 Blank .