

# DAILY FITNESS PLANNER

DATE: \_\_\_\_\_

TODAY I AM: 😊 😄 😐 😞 😓

WATER INTAKE:



every  
workout  
counts

SLEEP (HOURS): \_\_\_\_\_

EXERCISE	TIME

BREAKFAST	LUNCH	DINNER	SNACK

NOTES:

# Fitness Planner Tutorial

**N Colangelo**



## **Fitness Planner Tutorial:**

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**Lesson Planning for High School Physical Education** MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie, 2018 Lesson Planning for High School Physical Education offers more than 240 lesson plans that are standards based and ready to use These innovative plans are great for fostering physical literacy in your students The book also provides guidance on how to plan effective lessons that align with SHAPE America s National Standards and Grade Level Outcomes for K 12 Physical Education

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*The Journal of Health and Physical Education*, 1942

**Journal of Health, Physical Education, Recreation**, 1963

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The Journal of Physical Education ,1930     **Otto E. Miller, Plaintiff-Respondent, Against Fred W. Smythe,**  
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