

# Fitness Captain Practice Planner

Practice # \_\_\_\_\_

Date: \_\_\_\_\_

## Health Tip of the Day:

## Warm-Up

5 -7 minutes

Aerobic Activity	Modification(s)
1.	
2.	

Dynamic Stretch	Modification(s)
1.	
2.	
3.	
4.	

Practice # \_\_\_\_\_

Date: \_\_\_\_\_

**Cool-Down**

**5 -7 minutes**

<b>Light Aerobic Activity</b>	<b>Modification(s)</b>
1.	

<b>Static Stretch</b>	<b>Modification(s)</b>
1.	
2.	
3.	
4.	

**What went well today? What didn't?** Complete this section after practice.