BTEC Level 2 Teamwork and Personal Development in the Community
Unit 4: Improving Health and Fitness for Personal Wellbeing

Part A. Health and fitness plan

CVQO registration number:	**VQ**
Learner name(CAPS):	

Learner signature:	*"I confirm that the following is my own work"*
Date:	

a. PRODUCE a health and fitness plan

To complete this part of the task you need to create a **four week** plan. This plan should set out to achieve a SMART target that you have set for yourself based on your own health and fitness. This *could* follow on from the fitness tests you did earlier *or* be something completely different.

Use the template provided to help you with the structure of your plan.

My SMART target/s: Specific, Measurable, Achievable, Realistic, Time bound



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Day	Week 1	Week 2
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Day	Week 3	Week 4
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		