B	I	N	G	O
specificity	5 Components of Fitness	Value	personal responsibility	frequency
Good decisions	social health	mental health	Active Listening	overload
progression	time	**FREE**	BMI	body composition
emotional health	physical health	flexibility	aerobic capacity	intensity
Wellness	FITT Principles	muscle strength	type	Health

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B	I	N	G	O
time	Active Listening	personal responsibility	Good decisions	mental health
Value	type	frequency	FITT Principles	overload
emotional health	BMI	**FREE**	body composition	5 Components of Fitness
aerobic capacity	muscle strength	specificity	Health	physical health
flexibility	intensity	progression	social health	Wellness

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B	I	N	G	O
FITT Principles	muscle strength	Active Listening	intensity	BMI
specificity	emotional health	flexibility	social health	frequency
progression	Health	**FREE**	physical health	aerobic capacity
time	overload	personal responsibility	type	Value
body composition	5 Components of Fitness	mental health	Good decisions	Wellness

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