

Fitness Plan Template

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Criteria	Ratings				Pts
Exercises Appropriate exercises are selected for each exercise category. (For example: Push-ups selected for the upper body push category)	15.0 pts Full Marks Most/All of the exercises appropriately match the provided categories	10.0 pts Most More than half of the exercises appropriately match the provided categories	5.0 pts Some Less than half of the exercises appropriately match the provided categories	0.0 pts No Marks The exercises do not match the provided categories.	15.0 pts
Sets/Reps/Time Appropriate sets/reps/time that are realistic and safe for students ability and fitness goals.	10.0 pts Full Marks Every exercise and week has appropriate sets/reps/time for the ability level of the student that is going to help them achieve their goals.	7.0 pts Most 3 out of 4 weeks have appropriate sets/reps/time for the ability level of the student that is going to help them achieve their goals.	4.0 pts Some 1-2 out of 4 weeks have appropriate sets/reps/time for the ability level of the student that is going to help them achieve their goals.	0.0 pts No Marks None of the weeks have appropriate sets/reps/time for the ability level of the student that is going to help them achieve their goals.	10.0 pts
Progression/Regression Changes are made to the fitness plan by increasing/decreasing intensity, for example, sets, reps, time, or exercises.	15.0 pts Full Marks Yes, progression/regression was seen throughout each week	10.0 pts Most Progression/regression was seen on sets/reps/weight 2 out of the 3 weeks.	5.0 pts Some Progression/regression of sets/reps/weight was seen in 1 out of the 3 weeks.	0.0 pts No Marks No progression/regression was seen throughout the fitness plan.	15.0 pts
Total Points: 40.0					