

# Unit 1

## Lesson 4

### Challenge Yourself Project 10 Set Hourly Rates



**Directions:** After you have finished your project, determine whether you have completed the criteria listed in the left column. Fill in the checklist in the shaded columns below and then turn the rubric in to your teacher along with your project.

	Student Checklist		Teacher Evaluation
Criteria	Completed	Not Completed	Comments
Created a training schedule for four days a week, two hours each day			
Included aerobics in the schedule			
Included weights in the schedule			
Included running in the schedule			
Used a formula to calculate the cost for each exercise session			
Used a formula to calculate the cost for each day			
Used a formula to calculate the total cost for the week			
Double-checked your work			
Saved the worksheet as e4rev-[your first initial and last name]10			