

Unit 1

Lesson 4

Challenge Yourself Project 9 Create a Workout Schedule



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 new worksheet | | | |
| Created a column for each day of the week | | | |
| Included a row for the type of exercise | | | |
| Included a row for the time of day | | | |
| Created a schedule for a client who wants to work out four days a week, three hours each day | | | |
| Included aerobics in the client's schedule | | | |
| Included weights in the client's schedule | | | |
| Included running in the client's schedule | | | |
| Double-checked your work | | | |
| Saved the worksheet as e4rev-[your first initial and last name]9 | | | |