



## EVALUATING YOUR PHYSICAL ACTIVITY PROGRAM WORKSHEET

Name \_\_\_\_\_ Date \_\_\_\_\_

Select one day from your plan and perform as many of the activities as possible in class. If the activities of no single day last as long as one class period, supplement your program with activities from another day. If equipment is not available for the activity of your choice, select an activity that is similar in its benefits and one that you are likely to enjoy. Remember to warm up before doing your personal workout and to finish with a cool-down.

Perform other activities in your plan (those that you did not complete in class) at appropriate times of the day. On the following day use this worksheet to evaluate your plan. List the activities in your plan and indicate whether you were able to complete each. If you were not able to perform some of the activities in your plan, indicate the reasons (bad weather, homework, and so on). Answer the reflection questions when you are done.

Planned activity		
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?
	____ Yes ____ No ____ Yes ____ No	Did you complete the activity? Did you enjoy it?

### Reflection Questions

Write several sentences to answer each question.

1. Do you think that the daily plan is one that you could regularly complete?

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## **EVALUATING YOUR PHYSICAL ACTIVITY PROGRAM WORKSHEET** *(continued)*

2. Do you think that some changes may be needed in the program?

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3. What changes would you make in the program and why?

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