|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date:** |  |  |  |  |
| **Exercise** | **Wt** | **Set** | **Rep** | **Wt** | **Set**  | **Rep** | **Wt** | **Set** | **Rep** | **Wt** | **Set** | **Rep** |
| Example: Bicep Curls | 5 lbs | 3 | 10 | 5 lbs | 3 | 15 | 10 lbs | 3  | 10 | 10 lbs | 3 | 15 |
| 1. |  |  |  |  |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |  |  |  |  |  |  |
| 5. |  |  |  |  |  |  |  |  |  |  |  |  |
| 6. |  |  |  |  |  |  |  |  |  |  |  |  |
| 7. |  |  |  |  |  |  |  |  |  |  |  |  |
| 8. |  |  |  |  |  |  |  |  |  |  |  |  |
| 9. |  |  |  |  |  |  |  |  |  |  |  |  |
| 10. |  |  |  |  |  |  |  |  |  |  |  |  |
| 11. |  |  |  |  |  |  |  |  |  |  |  |  |
| 12. |  |  |  |  |  |  |  |  |  |  |  |  |
| 13. |  |  |  |  |  |  |  |  |  |  |  |  |
| 14. |  |  |  |  |  |  |  |  |  |  |  |  |
| 15. |  |  |  |  |  |  |  |  |  |  |  |  |
| 16. |  |  |  |  |  |  |  |  |  |  |  |  |
| 17. |  |  |  |  |  |  |  |  |  |  |  |  |
| 18. |  |  |  |  |  |  |  |  |  |  |  |  |
| 19. |  |  |  |  |  |  |  |  |  |  |  |  |
| 20. |  |  |  |  |  |  |  |  |  |  |  |  |
| 21. |  |  |  |  |  |  |  |  |  |  |  |  |
| 22. |  |  |  |  |  |  |  |  |  |  |  |  |
| 23. |  |  |  |  |  |  |  |  |  |  |  |  |
| 24. |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date:** |  |  |  |  |
| **Cardio Exercise** | **Intensity** | **Time** | **Intensity** | **Time** | **Intensity** | **Time** | **Intensity** | **Time** |
| Example: Bike | Moderate | 5 mins | Moderate | 10 min | High | 5 min | High | 10 min |
| 1. |  |  |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Criteria** | **4** | **3** | **2** | **1** |
| **Knowledge & Understanding** | Demonstrates thorough understanding of the requirements of a workout log (Date, Exercise name Weight, Reps, Sets etc) | Demonstrates considerable understanding of the requirements of a workout log | Demonstrates some understanding of the requirements of a workout log. | Demonstrates limited understanding of the requirements of a workout log. |
| **Application** | Recorded exercises always correlate with the exercises performed in the weight room.Demonstrates and promotes the safe and correct use of equipment | Recorded exercises almost always correlate with the exercises performed in the weight room.Uses equipment safely and correctly. | Recorded exercises sometimes correlate with the exercises performed in the weight room.Uses equipment safely and correctly only with some supervision. | Recorded exercises hardly correlate with the exercises performed in the weight room.Uses equipment safely and correctly only with supervision. |

**Weight Training Log Sheet Rubric**

**FITT Principle**

**F** – Frequency

**I** – Intensity

**T** - Type

**T** - Time