

Evaluator's Name: _____ 's Program

	Comments/ Improvements/Recommendations (use reverse if necessary)	Check Plus Minus?
How well does your partner write about their analysis? What is good/excellent and what needs more details?		
Is there a <u>specific short term goal</u> ?		
How well does your partner explain their motivation ?		
Is there some kind of concrete and specific measurement tool to assess success?		
Actions Steps Are there at least 5 action steps? Is your partner missing any essential steps?		
Frequency How often each week? How does the frequency of your partner's plan relate to their goals?		
Intensity CV: Target heart rate range? MSE: Reps & sets Flexibility: how much stretch		
Time CV: 20 or more minutes MSE: n/a Flexibility: 15-30s/ stretch		
Type CV: appropriate activity MSE: list of exercises Flexibility: list of stretches		
Enjoyment Does it sound like fun? Will the person enjoy this?		
Weekly Schedule Is it included? Is there enough rest time between activity sessions? Is it realistic given your partner's other commitments?		

Use the other side to provide: other comments, suggestions, improvements, or things you learned that you can apply in your own program?