|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 5 | 4 | 3 | 1 | score |
| 6 days completed | 6 days | 4-5 days | 2-3 days | 1 day | X 5= |
| Cardio at least  20 mins. 3 x week | 3 x week  20+ mins. | 2 x week  Less than 20 |  | 1 x week  Less than 10 | X 3= |
| Muscular strength and  Endurance  2 or 3 x week | 2 or 3 x week |  | 1 x week |  | X 3= |
| Muscular strength and  Endurance  Exercise(s) listed | 5 listed | 4 listed | 2-3 listed | 0-1 listed | X 3= |
| Warm-up  List activity and duration | All 6 days | 4-5 days | 2-3 days | 0-1 day | X3= |
| Cool-down  List activity and  duration | All 6 days | 4-5 days | 2-3 days | 0-1 day | X 3= |
| Variety of activities in all 3 stages of a workout for the week | Lots of variety | Need more variety | Need a lot more variety | Mostly the same | X 5= |
| score |  |  |  |  | /125 |