

# Fit for Life Final Exercise Book

Name \_\_\_\_\_

Requirements	1 No evidence or effort	2 Some effort shown	3 Average effort shown	4 Above average shown	5 Above and beyond
Binder -on time -section dividers -cover pages -protective pages					
Cardio Circuit (without machine)					
Arm circuit					
Leg circuit					
Abdominal circuit					
Flexibility					
Yoga					
Bike/Elliptical workout					
Treadmill workout					
Paper (x4) (w/Bibliography)					

Total points \_\_\_\_\_

Comments: