



# 18

## Self-Assessment

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### EVALUATING YOUR PERSONAL PROGRAM

Select one day from your plan and perform as many of the activities as possible in class. If no single day's activities 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, then do your personal workout, and 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 if 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, etc.). Answer the questions when you are done.

#### Planned activity

	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?

Write several sentences to answer each question.

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

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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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# 18.2

## Activity

Student text page 316

### PERFORMING YOUR PLAN

Select one day from your plan and perform as many of the activities as possible in class. If no single day's activities 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, then do your personal workout, and 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 if 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, etc.). Answer the questions when you are done.

#### Planned activity

	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you complete the activity?
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Did you enjoy it?

Write several sentences to answer each question.

1. What did you enjoy most about your workout today?

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2. What did you enjoy least about your workout?

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3. How could you change your workout to enhance its benefits and to make it more enjoyable?

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