

**Programme Card 1**

NB - use variables from week 4 from the 8 week overview (section B)

**Client's name:**

**Safety checks carried out and subsequent action taken:** **Any special arrangements or adaptations (in response to available time, equipment or facilities, or clients present on the day):**

**Location of nearest telephone:** **Location of nearest first aid kit:** **Duty first aider:**

**Warm Up**

CV Equipment	Total Time	Intensity (speed/ resistance etc)	RPE	Teaching Points

**Main CV Component**

CV Equipment	Total Time	CV method	Intensity (speed/ resistance etc)	%MHR	RPE	Teaching Points

**Assessor Feedback**



## Warm up stretches

NB - Joint mobilisation and muscle activation

Name of stretch	Reps

Attach stretch diagrams on a separate PDF document

## Cool down stretches

Name of stretch	Time held

Maintenance or developmental

Attach stretch diagrams on a separate PDF document

Exercise/ physical activities outside of the gym

Additional precautions/ comments

Assessor Feedback

## Programme evaluation and modification summary

This form should be completed at the end of week 4.

<b>Has your client managed to adhere to the programme?</b>	<b>YES / NO</b>
<b>If No, state why:</b>	
<b>What feedback have you received from your client in relation to the programme?</b>	
<b>How is your client progressing towards the agreed physical and nutritional goals?</b>	
<b>Are there any aspects of the programme that you need to modify or revise?</b>	
<b>What modifications do you intend to make?</b>	

Assessor Feedback:

**Programme Card 2**

NB - use variables from week 8 from the 8 week overview (section B)

**Client's name:**

**Safety checks carried out and subsequent action taken:** **Any special arrangements or adaptations (in response to available time, equipment or facilities, or clients present on the day):**

**Location of nearest telephone:** **Location of nearest first aid kit:** **Duty first aider:**

**Warm Up**

CV Equipment

Total Time

Intensity (speed/ resistance etc)

RPE

Teaching Points

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**Main CV Component**

Interval timings =

Total CV time =

Workload

Teaching Points

CV Equipment

CV Method

work: rest ratio

Work (secs)

Rest (secs)

x intervals

Total time

Intensity (speed/ resistance etc)

%MHR

RPE

CV Equipment	CV Method	work: rest ratio	Work (secs)	Rest (secs)	x intervals	Total time	Intensity (speed/ resistance etc)	%MHR	RPE	Teaching Points

**Assessor Feedback**



## Warm up stretches

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## Cool down stretches

Name of stretch	Time held

**Maintenance or developmental**

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Exercise/ physical activities outside of the gym	Additional precautions/ comments

Assessor Feedback