

**Fitness & Conditioning Project Template  
(Due the day that you present to the class)**

Period \_\_\_\_\_

Date Presenting \_\_\_\_\_

**NAMES AND WHAT EACH GROUP MEMBER WILL CONTRIBUTE FOR THE CLASS PRESENTATION:**

Some of the contributions are: set up, overview of circuit explanation, demonstrating each of the exercises, coaching, motivating

Names	Contributions

<b><u>Required Format:</u></b>	<b><u>Required Equipment:</u></b>
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**GOAL SETTING:** Use SMARTI Criteria to write your goal.

<b><u>Fitness Goal:</u></b>	<b><u>Performance/Athletic Goal:</u></b>
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**FORMAT AND DESCRIPTION OF THE WORKOUT-** include names of exercises, warm-up, cool-down, timing structure you will use, rounds/reps, set up, grouping, and how it will be coached

**DIAGRAM OF YOUR CIRCUIT** -show how everything will be set up (use the back of page)