

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Class:** \_\_\_\_\_

## **Exercise Plan Analysis**

### **Part 1: Analyzes your analysis worksheet**

- 1) How did the first analysis worksheet help you improve your exercise plan?
  
  
  
  
  
  
  
  
  
  
- 2) How did your partner's input help you improve your plan?
  
  
  
  
  
  
  
  
  
  
- 3) How often do you think you would need to analyze your plan in order to keep improving on it?
  
  
  
  
  
  
  
  
  
  
- 4) What kind of questions would you ask yourself as you analyze your plan?

### **Part 2: Analyze your process of creating an exercise plan**

- 1) What have you learned about exercise in general from the past lessons?
  
  
  
  
  
  
  
  
  
  
- 2) What have you learned about yourself through the process of creating an exercise plan?
  
  
  
  
  
  
  
  
  
  
- 3) Do you think you will continue on your exercise plan after the class is over? Why or why not?