**Personal Exercise Plan Conclusion: A Checklist.**

1. Did you fitness level improve over the 6 weeks of training?
* Compare test results before/after
* Discuss specifically the fitness tests that are more specific to your component of fitness.
1. How do you think that an improvement in this component of fitness will impact on your performance in your sport?
* Discuss in detail how it will impact on your performance and make you a better performer. Use specific terminology for your sport.
1. How appropriate was the SMART target that you set yourself?
* Talk specifically about whether it was achievable and realistic.
* Was it too easy/too hard?
* Did you achieve it or not?
1. Did you incur any illness or injury in your fitness programme?
* Were there any sessions that you could not do?
* Did you have to adapt your training to accommodate illness/injury? If so how?
1. Did you find that the sessions got easier or harder?
* Why do you think this was?
* Did it get easier as you got fitter or did it get harder because you were making your sessions harder?
1. How did you implement the principles of training into you fitness programme?
* Talk about how you applied them to each session (interval/circuit/resistance/continuous)
* Why it is important to apply the principles of training? What does it achieve?
1. Were there any significant changes in your resting heart rate over the 6 weeks of circuit training?
* Yes or no?
* What does this suggest?
1. During your circuit training sessions, were you working within the correct target zone?
* You will need to ensure that all heart rates are bpm
* Plot them in a graph/table.
* Work out correct aerobic or anaerobic training zones
* What does this information show you? How effective was your training?
* If it wasn’t, how should you adapt it in future.
1. What has this training programme taught you about effectively improving components of fitness?

10. From your experiences of this fitness programme, what are the next steps?

* How would you continue to improve your fitness?
* Would you stick with the same component of fitness or change to a different one?
* Why?
* Write a new SMART target for your next programme.
* What type of training would you do to achieve this new target (interval, continuous etc etc.)