**WORKOUT PROGRAM DAILY ASSESSMENT**

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| **Out of**  **5** | ⃝  Showed up on time and was fully prepared (proper attire) to  start the workout.  ⃝ Student participated in a warm up between 5-10 minutes which  incorporated flexibility.  ⃝  Engaged in designed workout throughout **entire** period.  ⃝ Work with **optimum efficiency** to obtain peak physical  conditioning  ⃝ Demonstrates proper lifting technique **at all times** |