

Cardiovascular	3	2	1	0
Goal	Clearly demonstrates measurable & realistic goals (15-60 sec time drop in mile or improves 5-15 laps in pacer)	Adequately demonstrates measurable & realistic goals (less than 15 sec or more than 60 sec in mile or less than 5 or more than 15 laps for pacer)	Incomplete demonstration of goal	Lacks overall cardio component
Frequency	Clearly demonstrates the use of days per week (3-6 days/week)	Adequately demonstration of days per week (2 days/week)	Incomplete demonstration of days per week (1 day/week or 7day/week)	Lacks overall frequency component
Intensity	Clearly demonstrates the use of heart rate, correct computation (60%-85% <u>Include the Beats per minute</u>)		Incomplete demonstration of heart rate zone (Karvonen formula) incorrect computation (less than 60% or more than 85% <u>No mention of Beats per minute.</u>)	Lacks overall intensity component (no use of formula)
Time	Clearly demonstrates sufficient amount of time (more than 20 mins. or 60 mins. or less)		Insufficient use of time (less than 20 mins. or more than 60 mins.)	No time listed
Type	Clearly demonstrates only aerobic activity	Blended cardio/non-aerobic activity	Doesn't demonstrate aerobic activity	No activity listed
Progression	Accurate progression of frequency, intensity, or time		Inaccurate progression of F.I.T.	No progression