

Muscular Strength	3	2	1	0
Goal	Clearly demonstrates measurable and realistic goals (improves bicep curl by 5-15 pounds - improves push-ups by 5-10)	Adequately demonstrates measurable and realistic goals (bicep curl less than 5 or more than 15 pounds, push-ups less than 5 or more than 10)	Incomplete demonstration of goal	Lacks overall muscle strength component
Frequency	Clearly demonstrates days per week (2-3 days)	Adequately demonstrates days per week (1 day or more than 3 days)		Lacks overall muscle strength component
Intensity	Accurate % identifying difference between strength & endurance of 1 rep max (60-85% and list the pounds used in each lift)	Inaccurate % of 1 rep max (less than 60% or greater than 85% or does not list the pounds used in every lift)	Listed lifts but not percentage used or pounds used.	Lacks overall muscular strength component
Time	Accurately knows the correct # of sets AND reps to develop muscular strength. (1-3 sets, 7-10 reps)	Accurately knows the correct # of sets OR reps to develop muscular strength (less than 1 set or more than 3 sets, less than 7 or more than 10 reps)	Lists sets or reps, not both.	No sets and reps listed
Type	Resistance training matches muscle groups intended to be worked, all muscle groups targeted. (at least 8 muscle groups and the exercises used)	Resistance training DOES match muscle groups, but not all groups targeted (less than 8 muscle groups)	Resistance training doesn't match muscle groups intended to be worked.	No resistance exercises listed
Progression	Accurate progression in frequency, intensity or time.		Inaccurate progression of frequency, intensity or time	No progression is listed

