After the class performs your group’s workout, use the first reflection chart to rate your routine. Include specific information that you learned with details on how you can use that information to improve future workouts.

Use the second reflection chart to rate and comment on one other group’s routine.

|  |
| --- |
| **My Group’s Workout Reflection** |
| Date: |
| Perceived Exertion [Rate 1 to 10] |  |
| Safety/Appropriateness [Rate 1 to 3] |  |
| Fitness Concepts [Rate 1 to 3] |  |
| Health Benefits [Rate 1 to 3] |  |
| Lessons Learned: |  |

|  |
| --- |
| **Group Workout Reflection** |
| Group Members & Date |
| Perceived Exertion [Rate 1 to 10] |  |
| Safety/Appropriateness [Rate 1 to 3] |  |
| Fitness Concepts [Rate 1 to 3] |  |
| Health Benefits [Rate 1 to 3] |  |
| Lessons Learned: |  |