

Unit 3: Applying the Principles of Personal

D: Review a personal fitness programme

Success Criteria	Evidence Required	Completed?
2D.P5	Complete fitness tests and log results in your table in the post programme section.	
2D.P5	Create a PowerPoint presentation which includes the following; i. Strengths ii. Weaknesses iii. Opportunities IV. Threats By reflecting on the progress you have made using the results from your pre and post fitness test results.	
2D.M4/D3	Prepare for your interview with your tutor to discuss your programme and to justify any recommendations you have made for future training and performance.	