

First Name: _____

Last Name: _____

REC1910 – L25 – Major Project – Achievement Stage

Goal #1 Exercise #1	Summary of Exercise		Initial Values		Summary of Goal Tracking			Assessed Values		Percent Difference
Marks		0	0.5	1	1.5	2	2.5	3	3.5	4
Decrease Time		0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
Increase Weight		0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
Increase Reps		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
Increase Successes (Sports Activity)		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

Goal #1 Exercise #2	Summary of Exercise		Initial Values		Summary of Goal Tracking			Assessed Values		Percent Difference
Marks		0	0.5	1	1.5	2	2.5	3	3.5	4
Decrease Time		0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
Increase Weight		0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
Increase Reps		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
Increase Successes (Sports Activity)		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

First Name: _____

Last Name: _____

REC1910-LO1 – Major Project – Achievement Stage

Goal #2 Exercise #1	Summary of Exercise	Initial Values			Summary of Goal Tracking			Assessed Values	Percent Difference
Marks	0	0.5	1	1.5	2	2.5	3	3.5	4
Decrease Time	0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
Increase Weight	0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
Increase Reps	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
Increase Successes (Sports Activity)	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

Goal #2 Exercise #2	Summary of Exercise	Initial Values			Summary of Goal Tracking			Assessed Values	Percent Difference
Marks	0	0.5	1	1.5	2	2.5	3	3.5	4
Decrease Time	0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
Increase Weight	0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
Increase Reps	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
Increase Successes (Sports Activity)	0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

First Name: _____

Last Name: _____

REC1910-LO1 – Major Project – Achievement Stage

Goal #3 Exercise #1	Summary of Exercise		Initial Values		Summary of Goal Tracking			Assessed Values		Percent Difference
Marks		0	0.5	1	1.5	2	2.5	3	3.5	4
Decrease Time		0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
Increase Weight		0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
Increase Reps		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
Increase Successes (Sports Activity)		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%

Goal #3 Exercise #2	Summary of Exercise		Initial Values		Summary of Goal Tracking			Assessed Values		Percent Difference
Marks		0	0.5	1	1.5	2	2.5	3	3.5	4
Decrease Time		0%	1.25%	2.5%	3.75%	5%	6.25%	7.5%	8.75%	10%
Increase Weight		0%	2.5%	5%	7.5%	10%	12.5%	15%	17.5%	20%
Increase Reps		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%
Increase Successes (Sports Activity)		0%	6.25%	12.5%	18.75%	25%	31.25%	37.5%	43.75%	50%