

Request for Unlimited Workout Hours
(must use certified trainer)

As part of distance physical education, you may use *working out* for some of your hours.

The completion of this form is part of obtaining a professionally designed, personal workout plan and will enable you to use an unlimited amount of hours for your course activity hours.

Reminders to student:

- Weight lifting and cardio are Dimension 5 activities
- Core training and stretching (focus on flexibility development, not warm up) are Dimension 3 activities
- Workouts must be done in public facilities
- Certified trainers do not need to be present for all workouts, but your workout plan must be changed at least once with the help of your personal trainer.

Please provide the following information about the meeting and workout plan/design. Submit this plan with your “*Course Plan Proposal*” or directly to the teacher or marker who is requesting it.

Student Name:_____ **Date of initial meeting:**_____

Student’s main goals/focuses for the workout program:

Date(s) for next meeting/follow-up/review/stage of workout plan (be as detailed as possible):

Will the student be keeping records workouts (examples: weights on sets/ reps/ cardio times)? If so, what will be recorded and reported back to the trainer?

Include a copy of the workout plan with this form when submitting to your teacher.

Trainer Information		
Name:	E-mail:	Phone:
Supervisor Qualifications (certification and/or experience):		
Signature:	Date:	
Additional Comments:		