**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 (cardio, weight lifting).

The completion of this form as part of obtaining a professionally designed, personal workout plan 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.\***

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