

**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.\***

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