BTEC Level 2 Teamwork and Personal Development in the Community
Unit 4: Improving Health and Fitness for Personal Wellbeing

Part B. Health and fitness training log

CVQO registration number:	**VQ**
Learner name(CAPS):	

Learner signature:	*"I confirm that the following is my own work"*
Date:	

b. UNDERTAKE your health and fitness plan

To complete this part of the task, you will need to complete a training log.

You will need to complete training entries as you progress through your personal health and fitness plan. This will provide the evidence that you have undertaken what you set out to do.

Ensure that you are honest, as this will help you when you come to review the effectiveness of your programme.

	Did I follow my plan?	Comments/results
Week 1	*Yes*	*1.5 mile run - 16.05 minutes* *1.5 mile run – 15.50 minutes* *2 x 10 minute runs*

Example

	Did I follow my plan?	Comments/results
Week 1		
Week 2		
Week 3		
Week 4		