Technical Opportunities Program
Fitness Class
STUDENT EVALUATION

Student name _________________________________      spring  fall ______

Midterm evaluation

The above-named student is making satisfactory progress in fitness by:

_____ attending class regularly
_____ dressing appropriately for class
_____ making progress toward personal fitness goals

________________________________                                ___________
aerobics instructor        date

Student dropped from class as of ____________________________

Final evaluation

The above-named student has made satisfactory progress in fitness by demonstrating that she has:

_____ gained strength
_____ improved stamina
_____ improved flexibility

________________________________                                ___________
aerobics instructor        date