



Session Planning Sheet
Planning & Delivering Physical Fitness Sessions



Session Plan Template

Client name:

Session title:

Date:

Warm-up			
Time	Exercise	Intensity / Workload	Notes
1			
2			
3			
Dynamic Stretches (FITT)			
Time	Exercise	Intensity / Workload	Notes
1			
2			
3			
4			
5			
Main CV component (FITT)			
Training System / method:			
Time	Exercise	Intensity / Workload	Notes
1			
2			

Main Resistance component (inclusive of using function equipment or a circuit)

Training system / method (FITT):

Time	Exercise	RM / FW / BW / FTE	Sets / Reps	Intensity / Workload	Notes
1					
2					
3					
4					
5					
6					
7					
8					

Cool-down

CV and/or static stretches (FITT)

Time	Exercise	Intensity / Workload	Notes		
1					
2					
3					
4					

Where can I improve? / Things 'to-do' during my session

Communication & Soft Skills

1

2

Planning & Instructing

1

2

Additional notes:

This Learner Achievement Portfolio (LAP)
was developed in accordance with
Focus Awards qualification structure.

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