

Osteofit LESSON PLAN

This form is to help the evaluator while writing up the Instructional Competency Evaluation form. There is no grade attached to the lesson plan. **You are required to hand this completed lesson plan to the evaluator *prior* to the evaluation.** Please copy this form if additional space is required.

Fitness Component	Exercise Selection	Muscle Groups and/or Joints Involved	Special Precautions or Instructions