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| **Learning Aim C - Measures of Success in your six-week training programme** |
| **How motivated have you felt during your six-week training programme?**  |
| **Intrinsically** | **Extrinsically** |
| ***How have you felt that your intrinsic motivation has been? Has it been good/bad? Why? Has it gone to plan? What factors have affected this?*** ***i.e.**** ***Music during the sessions?***
* ***Not enjoying what you have planned?***
* ***Not achieving your goals/improving?***

***What effect has this lack of/increased motivation had on your overall progress?*** | ***How have you felt that your extrinsic motivation has been? Has it been good/bad? Why? Has it gone to plan? What factors have affected this?*** ***i.e.**** ***Have you been working with/without a partner?***
* ***Have you been giving yourself rewards/treats for the hard work you have been doing?***

***What effect has this lack of/increased motivation had on your overall progress?*** |
| **On a scale of 1 -10 (1 being the lowest), rate your self-confidence on your ability to achieve your goal for each week.** |
| **Week 1** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Week 2** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Week 3** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Week 4** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Week 5** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Week 6** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Explain why your self-confidence was** **this score*** ***DID/DID NOT SEE IMPROVEMENTS IN MY ABILITY***
* ***OTHERS WERE/WERE NOT HELPING ME***
* ***DID/DID NOT KNOW WHAT I WAS DOING***
* ***WAS/WAS NOT SURE HOW TO USE EQUIPMENT PROPERLY***
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| **Describe the benefits of having good self-confidence during a training programme*** ***KNOW THAT WHAT YOU ARE DOING IS WORTHWHILE***
* ***MORE LIKELY TO KEEP GOING DURING THE PROGRAMME RATHER THAN GIVE UP***
* ***CONFIDENCE THAT YOU KNOW WHAT YOU ARE DOING***
* ***MORE LIKE TO TRY NEW ACTIVTIES AND PUSH YOURSELF TO TRY HARDER EACH WEEK***
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| **Achievement against personal goals** |
| **Do you feel as though/do you know if your training programme is helping you to achieve your targets and goals? (short, medium and long term goals from your plan)?*****“I feel as though my training programme is helping me to get better. Each week I am running a further distance on the treadmill and have noticed that my overall aerobic endurance is improving. This is because when I am running, I am getting less tired and my times and distances are improving each week. My short-term goal was to be able to run 6km in less that half an hour and I am very close to achieving this. My medium-term goal was to be able to run 8km in less than 45 minutes and feel that if I carry on my training programme then I will achieve this. My long-term goal was to complete a 10km at an event in less than 60 minutes. As I have been recording my times per kilometre throughout my programme, I am confident that I am going to achieve this.”*** |
| **Any additional comments about your training programme…*** ***Are you enjoying it? If so, why? If not, why not?***
* ***Have you come across any issues? i.e. weather, cost of facilities, availability of facilities, injuries etc.***
* ***Have you had to change your training programme for any reason? Why and how have you done it?***
* ***Plus anything else you feel relevant to success criteria.***
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