Assignment #1 – “My Goals” (PE 214A & B Students)
State your own personal goals for the weight training class. What do you hope to achieve by the end of the class?

Assignment #2 – Weekly Workout Log (PE 214A & B Students)
Record and track your weekly workout for 16 weeks. Include all exercise performed, weights lifted and repetitions completed. State your goal for the following week.

Assignment #3 – Complete Exit Survey (PE 214A & B Students)
Complete the CCSF Weight Room Exit Survey. Survey link can be found on the CCSF Weight room website. (COMPLETE AT THE END OF SEMESTER)

Assignment #4 – “Workout Plan” (PE 214 B Students ONLY)
Develop your own personal 5 day workout plan. Include types of exercise, length of time, weight and repetitions.

Assignments can be submitted online via google docs at www.ccsfweightroom.com under Submit assignments.