



**BCRPA Personal Training ICE
Program Design Card**

Form E - Phase 1

PHASE I: Current Program		Education:												
Name:														
Age:														
Gender:														
		Warm Up:			Cardio:			Cooldown:			Weights:			
F – Frequency														
I – Intensity														
T – Time														
T – Type														
Need to See														
	Resistance Exercises	Set	Day 1			Day 2			Day 3			Day 4		
			1	2	3	1	2	3	1	2	3	1	2	3
1		Wt.												
		Reps												
2		Wt.												
		Reps												
3		Wt.												
		Reps												
4		Wt.												
		Reps												
5		Wt.												
		Reps												
6		Wt.												
		Reps												
7		Wt.												
		Reps												
8		Wt.												
		Reps												
9		Wt.												
		Reps												

	Flexibility:	Core:	Comments:
F – Frequency			
I – Intensity			
T – Time			
T – Type			
Need to See			
	Muscle	Stretch	
1			
2			
3			
4			
5			
6			
7			
8			

<i>Evaluator Use only</i>	
Max 5 points per category: <ul style="list-style-type: none"> • Frequency – 1 point • Intensity – 1 point • Type – 1 point • Time – 1 point • Demonstrates “Need to See” – 1 point 	
Education:	/5
Red Flags:	/5
Exercise Selection:	/5
Warm Up:	/5
Cardio:	/5
Cooldown:	/5
Weights:	/5
Flexibility:	/5
Core:	/5
Total Phase 1:	/45

Identify Red Flags in Program Design: _____
