



ACTIVITY LOG ALTERNATIVE

This can take the place of **one** of your activity logs in the class.

For this portfolio, you will take on the role of a physical trainer. You need to create a 5-day whole body workout for a client.

Requirements are shown below!

- **Create a presentation (Using Word or PPT)**
- **Your presentation must include a five-day activity/exercise plan.**
- **This plan should be a whole-body exercise plan, meaning it works the arms, legs, core, and cardio.**
- **It should include a picture of the exercise you are asking the client to do.**
- **It should consist of how many reps and sets the client needs to do.**