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| **Points** |  |
| **4** | The physical education student completed the entire journal entry, including name, date, and class period. They accurately documented **ALL** of the **FITNESS COMPONENTS** and **RESULTS** in which they were able to reach the Healthy Fitness Zone. They wrote a thoughtful reflection of how to improve or maintain their fitness gram results and they listed **THREE** measurable fitness goals that will help improve their spring 2013 fitness gram test. |
| **3** | The physical education student completed **ALL** or **MOST** of their journal entry, including name, date, and class period. They accurately documented **ALL** or **MOST** of the fitness components and **RESULT**S in which they were able to reach the Healthy Fitness Zone. They wrote a thoughtful reflection with **FEW** grammatical errors. They listed **ALL** or **MOST** measurable fitness goals that will help improve their spring 2013 fitness gram test. |
| **2** | The physical education student completed **MOST** of their journal entry. They documented **MOST** of the Healthy Fitness Zone components and **RESULTS** with error; their reflection is not well thought out and includes more than **TWO** grammatical errors. They listed **LESS** than **THREE** fitness related goals that will help improve their spring 2013 fitness gram test. |
| **1** | The physical education student **DID NOT** complete much of their journal entry or failed to make up the assignment. They **DID NOT** document their Healthy Fitness Zone components and **RESULTS** accurately; their reflection is not completed and has more than **FOUR** grammatical errors. They listed **LESS** than **TWO** fitness related goals that will help improve their spring 2013 fitness gram test. |