

Final Grade # 1	Final Grade # 2
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Hour _____

HEALTH AND FITNESS DB # 1 Charlie

1. EXERCISE PROGRAM (20)—Was the exercise program based on sound evidence and would it potentially lead to the strengthening of Charlie’s upper body?	
2. POSTER (20): Was the poster well-designed, accurate, and appropriate? (should contain computer graphics]	
3. DIET/NUTRITION PLAN (20): Did the diet plan include an itemized balanced and safe meal plan?	
4. DAILY DIARY (20): Was the daily diary developed to the point that it could be used effectively by Charlie?	
5. FORMAL PRESENTATION (10)—Was the formal presentation based on sound research and did it provide a convincing argument for using the program?	

6. **HISTORICAL RESEARCH** (10)—Did the team conduct adequate research in their attempt to solve the design brief? Did the team provide adequate responses to each of the questions in the “historical research” section? (EIGHT Q)

Partners divided the Q's and A's? #1 _____ #2 _____

Did partners share the other work equally? _____

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