

**FAITH FUZED FITNESS CERTIFICATION CHECKLIST:**

	<u>COMPLETED:</u>	<u>DATE:</u>
TARGET JOURNAL PAGE	_____	_____
SECTION 1 LAB 1/SCENARIO (SPIRIT, SOUL, BODY)	_____	_____
SECTION 1 LAB 2/SCENARIO (ENERGY SYSTEMS)	_____	_____
SECTION 2 LAB 1/POSITIONS (LIVE OR ZOOM)	_____	_____
SECTION 2 LAB 2/JOINT ACTIONS	_____	_____
SECTION 2 LAB 3/IDENTIFY MUSCLES	_____	_____
SECTION 2 LAB 4/IDENTIFY MUSCLE MOVEMENTS	_____	_____
SECTION 2 LAB 5/DEMONSTRATE MUSCLE EXERCISES (LIVE OR ZOOM)	_____	_____
SECTION 3 LAB 1/MUSIC CHOREOGRAPHY AND BPM	_____	_____
HIGH INTENSITY CARDIO TEMPLATE	_____	_____
MUSCULAR STRENGTH EXERCISES TEMPLATE	_____	_____
GROUP CLASS TEMPLATE	_____	_____
CAST YOUR CARE JOURNAL PAGE	_____	_____
WRITTEN EXAM	_____	_____
PRACTICAL DEMONSTRATION	_____	_____
LIVE CLASS APPROVAL	_____	_____

\*All labs and worksheets listed above need to be turned in together in the above order. (before written and practical demonstration)

\*The written exam will be taken following the practical demonstration at scheduled time. (to be determined)

\*The live class format is the class you choose to teach for a live group of participants.