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| **Extended** **Abstract**  I have several ideas about …  I can link them to the big picture  I can look at these ideas in a new and different way | … and determine, based on my log, what actions I should take to keep improving when weight training |
| **Relational**  I have several ideas about …  I can link them to the big picture | I know FITT & I can apply *all parts of FITT* to making improvements when weight training. |
| **Multistructural**  I have several ideas about … | I know all parts of the FITT principle and I can apply *at least 1* to making improvements when weight training. |
| **Unistructural**  I have one idea about … | I know one thing about FITT Principle and how to apply it to weight training. |
| **Prestructural**  I am not sure about … | I know nothing about the FITT Principle or how to apply it to weight training. |