**Record of reflective account**

Unit 02 Instructing circuit training sessions (J/617/4018)

LO4, 4.3 Evaluate the session and reflect on own performance

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 2 Award in Instructing Circuit Training (603/3934/2) | **Learner name** |  |
| **Date & time of activity** |  | **Assessor name** |  |

|  |  |
| --- | --- |
| Record of the activity being reflected on. Please include:   * people involved * what you did * what you thought went well * what you could improve on. | Assessment criteria met |
|  |  |
| **Assessor feedback to learner** | |
|  | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessor Signature** |  | **Date** |  |
| **Learner Signature** |  | **Date** |  |

4.4 Plan improvements for personal performance and future sessions

|  |  |
| --- | --- |
|  | Assessment criteria met |
|  |  |
| **Assessor feedback to learner** | |
|  | |

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