

OPFT On Demand Program Checklist

Print this checklist and check off each task as it is completed.

I also recommend you print out the monthly calendars and mark off each task as it is completed DAILY.

Pre-Activity Program Checklist

- Pre-Activity Screening Form
- Fitness Assessment
- Mobility Assessment
- Nutrition Assessment
- S.M.A.R.T. Goal Form

Monthly Program Completion Checklist

- Month One Complete (As needed)
- Month Two Complete
- Month Three Complete
- Month Four Complete

Post-Activity Program Checklist

- Fitness Assessment
- Mobility Assessment
- Nutrition Assessment
- S.M.A.R.T. Goal Form