

Criteria	Below Standard	Developing	Proficient	Exemplary
Cover Page 5% of total score	Very little information is presented	Answers provided some basic thought but lacking details	Good effort was used to express meaningful thoughts	Answers provide specific details and insightful expressions to all questions
Pre/Post Tests 5% of total score	Fitness assessment is incomplete and strategies are poor	Assessments and strategies provide some basic information	Assessments and strategies are detailed, accurate and complete	Fitness assessment is comprehensive and excellent strategies are recommended
Fitness Component Backgrounds 15% of total score	Very little information is presented and few, if any, reliable resources are cited or utilized	Some information conveyed is appropriate - few resources are provided	Information conveyed is easy to follow and understand. Some reliable resources are used	Information is very well organized and several resources are used citing the benefits of each component
Weekly Journals 20% of total score	Journals provided little depth of thought	Journals provided some basic thought but lacking details	Good effort was used to express meaningful thoughts	Journals provide specific details and insightful expressions
Daily Fitness Logs 10% of total score	The reflections do not describe growth or include goals for continued learning.	A few of the reflections describe growth and include goals for continued learning.	Most of the reflections describe growth and include goals for continued learning.	All reflections clearly describe growth, achievement, accomplishments, and include goals for continued learning (long and short term).
Reflection/Critique 40% of total score	The reflections do not describe growth or include goals for continued learning.	A few of the reflections describe growth and include goals for continued learning.	Most of the reflections describe growth and include goals for continued learning.	All reflections clearly describe growth, achievement, accomplishments, and include goals for continued learning (long and short term).
Selection of Artifacts 5% of total score	The artifacts and work samples do not relate to the purpose of the eportfolio.	Some of the artifacts and work samples are related to the purpose of the eportfolio.	Most artifacts and work samples are related to the purpose of the eportfolio.	All artifacts and work samples are clearly and directly related to the purpose of the eportfolio. A wide variety of artifacts is included.