

# Individual Learning Plan (Short Course) BIG 06

## Families - Fit for Life

This plan provides you with details of what you will cover during the course and assesses how your knowledge has developed.

Learner Name:

Course Title:

Tutor Name:  Provider:

### What can I learn on the course?

Learning aims	I know nothing about this	I know a little about this but don't really understand	I know about this but would like to know more	I know and understand this
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

At the **start** of the course for each of the learning aims please put the letter "S" in the box that best fits your present level of knowledge and understanding. At the **end** of the course for each of the learning aims please put the letter "E" in the box that best fits your level of knowledge and understanding.

Learner Signature

Date

Tutor Signature

Date

