

Career decision workbook

Compare two routes using evidence from actual work, current course information and your own circumstances.

Route A and Route B

Daily activities I want to deliver

Activities or settings I would prefer to avoid

Exact qualification and starting requirements

Attendance, travel and practice commitments

Complete cost and unanswered fee questions

Evidence from observation or conversations

Three essential conditions

My next step and the information still needed

Planning worksheet · 10 September 2026 · Keep your completed copy privately.

This worksheet does not confirm course availability, qualification acceptance or employment.

Read the full guide: serioussportstrainingacademy.com/guides/choosing-your-fitness-and-therapy-career