

First fitness work planner

Use this worksheet for a specific role. State your actual qualification and completion status; label sample work clearly.

Role, working arrangement and preferred setting

Qualification, completion status and relevant experience

Availability and realistic travel limits

Portfolio items to prepare

Organisation and evidence of a suitable opportunity

Required qualifications and any gaps to resolve

Recruitment route and contact date

Specific message and information requested

Response, agreed next step and date

What I learned and what to improve

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/finding-your-first-fitness-teaching-work