



CrossFit Oxnard Instructor Evaluation Worksheet

Passing is 80% or higher

Intern:	Evaluating Coach:	Day/Time:
Started on time	No (0 points) Yes (10 points)	Notes:
RAMP organizational skill	1 2 3 4 5 6 7 8 9 10	
WoD Description / Org / Instruction	1 2 3 4 5 6 7 8 9 10	
People Handling (Individuals, partners, groups)	1 2 3 4 5 6 7 8 9 10	
Skill/Strength instruction	1 2 3 4 5 6 7 8 9 10	
Individual touch	1 2 3 4 5 6 7 8 9 10	
Use of names	1 2 3 4 5 6 7 8 9 10	
Communication	1 2 3 4 5 6 7 8 9 10	
Fun/energy/inspiration	2 4 6 8 10 12 14 16 18 20	
Student clean up	1 2 3 4 5 6 7 8 9 10	
Ended on time (WoD done >5 minutes before class ends)	No (0 points) Yes (10 points)	
Org of class & use of time	1 2 3 4 5 6 7 8 9 10	
Cool down	1 2 3 4 5 6 7 8 9 10	
Upcoming events reminder	No (0 points) Yes (10 points)	

Score: ____/150 = ____%

Skill/WoD:

Notes: