



KISS
(Keep It Simple & Specific)

Instructions: Create 12 KISS statements (3-7 words in length) you can use to provide your participants with instruction, encouragement, or evaluation.

Examples:

- a. Shoulder, up, back and down
- b. Pull back on the pedals

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____