

ASSESSMENT

reflection

"I can do hard things because I am brave"

date:

word(s) of feeling:

FITNESS

What I'm doing >

How well is this going on a scale of 1-10 (10 being amazing) >

What do you want the outcome to be >

NUTRITION

What I'm doing >

How well is this going on a scale of 1-10 (10 being amazing) >

What do you want the outcome to be >

MINDSET

What I'm doing >

How well is this going on a scale of 1-10 (10 being amazing) >

What do you want the outcome to be >