

Name _____ Hour _____ score _____/15

Reflection for 30 day Water Challenge

Please answer the following questions based on your 30 day challenge experience.

_____ (2 points) If you were to give yourself a grade 1-10 (10 being best), what would you give yourself based on your success level in developing this healthy habit and one sentence to support that score.

_____ (2 points) Please look at your calendar. You were asked to write a word that describes how you felt each day. Please list ALL of those words here (if you repeated words, just list how many times you used that word)

_____ (1 point) Give one suggestion for a 30 day challenge that we could use for the future

_____ (10 points) Please write TWO paragraphs and reflect on your 30 day experience. (You can use the back of this sheet.) Things to include and consider for your answer are: What are some things that you learned about yourself, what would you change, what would you keep, will you continue to do this in the future, how has the experience changed you. Look back at the words you used and see if there is a connection between the word and your success that day. You should write at least 10 sentences for an adequate answer to this question