

Challenge Reflection 1

Name: _____

1) How did I complete my challenge?

2) To complete my challenge I ...

3) Afterwards, I felt ...

(Please use words other than good or happy)

4) Afterwards, they felt...

(Please use words other than good or happy.)

5) How many times during the week did you do the challenge? _____

6) Parents/Caregivers Initials: _____

Challenge Reflection 2

Name: _____

1) How did I complete my challenge?

2) To complete my challenge I ...

3) Afterwards, I felt ...

(Please use words other than good or happy)

4) Afterwards, they felt...

(Please use words other than good or happy.)

5) How many times during the week did you do the challenge? _____

6) Parents/Caregivers Initials: _____

Challenge Reflection 3

Name: _____

1) How did I complete my challenge?

2) To complete my challenge I ...

3) Afterwards, I felt ...

(Please use words other than good or happy)

4) Afterwards, they felt...

(Please use words other than good or happy.)

5) How many times during the week did you do the challenge? _____

6) Parents/Caregivers Initials: _____

Challenge Reflection 4

Name: _____

1) How did I complete my challenge?

2) To complete my challenge I ...

3) Afterwards, I felt ...

(Please use words other than good or happy)

4) Afterwards, they felt...

(Please use words other than good or happy.)

5) How many times during the week did you do the challenge? _____

6) Parents/Caregivers Initials: _____

Challenge Reflection 5

Name: _____

1) How did I complete my challenge?

2) To complete my challenge I ...

3) Afterwards, I felt ...

(Please use words other than good or happy)

4) Afterwards, they felt...

(Please use words other than good or happy.)

5) How many times during the week did you do the challenge? _____

6) Parents/Caregivers Initials: _____

Challenge Reflection 6

Name: _____

1) How did I complete my challenge?

2) To complete my challenge I ...

3) Afterwards, I felt ...

(Please use words other than good or happy)

4) Afterwards, they felt...

(Please use words other than good or happy.)

5) How many times during the week did you do the challenge? _____

6) Parents/Caregivers Initials: _____