

## Wellness Journal

You are required to complete entries in your Wellness Journal at least once per month. For these reflections, choose a topic that focuses on the activities in which you are participating (ex. identified in your 'Goal-Setting Action Plans') and how well you are following your plan. These reflections should be at least three lines long, but they can be longer. If you are having trouble with a topic, consider starting with one of the "opening line" suggested below.

- Activities I was involved in this week were...
- The muscle groups I worked on this week were...
- I am making progress on the following goals...
- I am having challenges with the following goals...
- I worked on \_\_\_\_\_ this week
- The activity I did best this week was \_\_\_\_\_ because...
- I want to improve upon \_\_\_\_\_ next week because...
- The thing I did this week that I would like to do again is...
- The equipment I used this week when I was being active was...
- I think I made a good plan because...

Through the reflection process you will determine why you enjoy certain activities and not others, what progress you would like to make in some activities, and what benefits you are getting from being active.

## Wellness Journal

Name:

Date:

1. What do I need to start doing (or revise) to help me reach my physical activity goals? Why?

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2. What do I need to stop doing that is preventing me from reaching my physical activity goals? Why?

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3. What do I need to continue doing to help me reach my physical activity goals? Why?

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4. For this submission I am very proud of.....

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