Over the pass five weeks you have been tracking your performance in T25, water intake, weekend workout, and body statistics. The tracker and pictures are required attachments for this reflection and should be attached as evidence.

**Why is it important to track your progress?** It’s important to track progress to help you articulate your fitness and nutritional growth.

**What evidence is required?**

1. Evidence required within the reflection includes T25 progress tracker calendar selecting “Nailed it or Barely made it”
2. Daily water intake (Example 16oz). Each calendar box should have the amount of ounces you have drunk per day.
3. Every Sunday input body statistics within the calendar (Example: weight, thigh, arm and waist)
4. 2 pictures per weekend workout (10 photos). The pictures should represent the assigned T25 workout per weekend including a peer and/or an adult. 2 separate T25 workouts per weekend.

**What constitutes a thoughtful progress reflection entry?**

Thoroughly reflecting on your fitness and nutrition growth during the pass five weeks constitutes a thoughtful T25 progress reflection.

* Reflect on how your body felt physically the 1st day of T25 and how your body felt as you continued to participate.
* Discuss your weekend workout experience. How did your weekend fitness partner feel when you asked them to participate with you? Did your workout partner cooperate? Were they excited to exercise with you?
* As you think about your fitness level prior to participating in T25, would you say you were in fairly good shape? If so did T25 test your physical ability?
* How many calories are you burning during T25? And is it balanced with your daily calorie intake?
* Discuss your level of participation and the reason for your efforts.
* Based on your recommended water intake, are you drinking enough water per day? Discuss the importance proper hydration has on the quality of exercise.
* Discuss Body statistics results.

\*If you know your handwriting is unreadable I suggest typing the Reflection.

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| --- | --- | --- | --- | --- |
| **Written Response Rubric** | **4** | **3** | **2** | **1** |
|  | Main idea is clear.  Explain why using 4 pieces of evidence from the tracker with citation.  Explain how the evidence supports your point (paraphrase/explain/details)  Readable.  Well-organized.  No convention errors. | Main idea is clear.  Explain why using 4 pieces of evidence from the tracker with citation.  X  Readable.  Well-organized.  Little to no convention or grammar errors. | Main idea is somewhat unclear.  One piece of evidence from tracker or citation is missing.  X  Somewhat Readable.  Somewhat organized.  Frequent convention and spelling errors. | Main idea is unclear.  No evidence from the text.  X  Unreadable.  Unorganized.  Many convention and spelling errors. |

**7 Slice Paragraph**

1. Topic Sentence
2. Introduce and provide evidence with citation
3. Paraphrase
4. Introduce and provide evidence with citation
5. Paraphrase
6. Explain in greater detail
7. Connect to your main point