Movement

REFLECTION QUESTIONS:

Name: ________________________________________________________

“The miracle isn’t that I finished. The miracle is that I had the courage to start.” –John Bringham

1. What experiences did you choose to embark on during these 30 days (try a class, perform a savoring walk, take the 10,000 steps, get a runners assessment etc.).

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2. How did you feel during these 30 days? How did this compare to previous to how you felt prior to the movement challenge?

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3. Will you continue to move your body in the next 30 days, if so, what is your plan/intention?

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4. How did or how can your partner in the Community Health Challenge help you meet your movement goals? Ask them for what you need.

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