

My *fit* Thoughts

1

Which *fit* piece did you like learning about today?
(Circle your answer below)



2

Write down one thing you learned about the *fit* piece you circled in question #1.

3

Write down one *fit* thing you plan on doing this week.

4

How easy or difficult do you think it will be to complete the one *fit* thing from question #3 this week?
(Circle your answer below)

Super Easy

Easy

Doable

Hard

Really Hard