**Reflective Lifestyle Challenge Journal**

Page 1 (Feb 4)- What is your Lifestyle challenge for the semester? Why have you chosen this challenge? Tell where you are now and the direction or plan you will follow to help achieve your goals and meet this challenge.

Page 2 (Feb 11) - What did you do this past week to help you begin your journey to a healthier lifestyle? Did you receive the results you were hoping for? Why or why not? What will you do next week to continue with your challenge?

**Reflection Rubric**

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| **Criteria** | **Weight** | **Unsatisfactory**  **0-3** | **Proficient**  **3-4** | **Advanced**  **4-5** |
| **Organization** | 30% | Important information is missing or there are few supporting details | Main ideas are separated into logical progression  Important ideas and viewpoints are supported with facts | *In addition to Proficient criteria:*  Ideas are connected by creative/logical transitions |
| **Writing Mechanics** | 20% | Numerous errors in grammar, capitalization, punctuation and/or spelling | Few errors in grammar, capitalization, punctuation and/or spelling | With minor exceptions, grammar, capitalization, punctuation and/or spelling are correct |
| **Continuous Learning** | 50% | Makes little to no attempt to self-evaluate learning. Does not demonstrate acceptable self-awareness of learning process. | Demonstrates self-awareness when approaching a learning task, monitoring comprehension, and evaluating progress towards the completion of a task | *In addition to Proficient criteria:*  Demonstrates continuous learning attributes by striving for improvement. Perceives problems, situations, tensions and conflicts as valuable opportunities to learn. |