

January 26th

Expectations are important because they set goals for you to accomplish. These goals give you something to strive for in the class, and they help maintain order in the class.

This quarter, I expect myself to try my hardest, even if it isn't that great. I also expect that my peers will be supportive of me, and others, and that they maintain order in the class.

Thank you Nick!

February 17th

Resting: 100bpm Tired: 136bpm

During the Fitness challenge, I was pushing myself as far as I could go. By the time we measured the second heart rate, I was extremely tired. I would, however, like to be able to push myself even further. If we ever do this again, I really would like to do much better.

We will definitely be doing this again.
Thank you Nick for your continuous effort 😊