

Expectations are important because if you expect to go nowhere, that is exactly where you will go. Also, expectations can help you organize your time with what you will do, and what you want. ✓

I expect myself to have fun this quarter and give 100%. I expect my peers to play respectfully, and my teachers to keep it that way. ✓

Resting Heartrate: 64

Working Heartrate: 104

2/12/15

✓ *Awesome* I felt that I worked as hard as I can in P.E class today. I challenged myself by doing the activity until I heard the buzzer even if there isn't much time left. I would like to work on different climbing techniques to help build arm strength and to help kids' hands not to burn/sting. *yeah - that part kind of stinks
Got to build up calluses 😊*

Keep up the great work!