

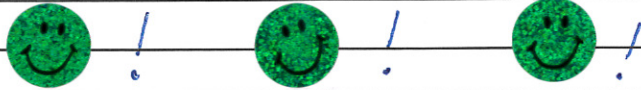
Name: _____

Block: _____

- A. What does **STRENGTH** and being **STRONG** mean to you on both an emotional and physical level? Explain.
- B. "Strength doesn't come from what you do, it comes from overcoming the things you once thought you couldn't do." How do you connect with this quote? Explain.
- C. "Strive for progress not perfection", We all begin somewhere, how do you connect w/ this quote and perhaps your current attitude about fitness.
- D. Your worth isn't measures in likes, comments, friends, or followers -What do you love about yourself? Give it some thought.

I Picked D. What I love about myself is I can push myself to do things that are hard for me. For example Push ups I could only do five then we started doing in class and I started to push myself harder then, I did 20 push ups! If you can believe you can do it you can. Another thing I love about myself is I push my limits if the activite was to do 5 burpees then after five I would keep going until 10 to 15. That's what I love about myself.

Wow!
Awesome



note Thank you miss. Titus you helped me put me to my limit by saying stuff like "you can do it" I took the words and tried harder. Now I am amazing at every things and I try really hard. So awesome! I'm very proud of you Tracie and this thank you really means a lot to me - you made my day 😊 Keep working at it and you'll keep getting stronger. Strong is beautiful.

15/15