

Senior Alternative Reflection Questionnaire

Please prepare a typed, one-two page reflection using the following questions as a guide.

- What was your area of focus for your program? Were you able to achieve your goals? Explain.
- Were there any obstacles you encountered during your program? What were they and how did you handle them?
- Describe some ways in which your lifestyle has improved since implementing this program (i.e. nutrition, sleeping habits, attitude/outlook)?
- Will you continue this fitness program upon completion of your senior alternative? Why or why not?
- What information can you share (positive or negative) with somebody interested in developing their own fitness program?
- Please include any other information you would like to share with us.