**Individual Reflective Log**

**(To be Completed Individually Each Week)**

|  |  |
| --- | --- |
| **Name:** |  |
| **Student Number:** |  |
| **Date From:** |  |
| **Date To:** |  |
| **Team Progress this Week:** | **<3-4 line statement on the progress of the team for this time period>** |
| **Individual Achievements:** | **<In bullet point form, outline your contribution to team progress for this time period>** |
| **Team Challenges:** | **<In bullet point form, outline barriers to team performance>** |
| **Individual Challenges:** | **<In bullet point form, outline barriers to individual performance>** |
| **Solutions:** | **<In bullet point form, outline solutions to overcome barriers to performance>** |