**PEER COACHING REFLECTION.**

1. The first and last name of the peer you had the meeting with.
2. The date AND time that the coaching meeting took place.
3. The modality of the call (for example, Zoom, Google Meet, WhatsApp, in person at *[City Hub name]*).
4. Did you feel any anxiety before or during the meeting? Why or why not?
5. How valuable was the session with your peer? Explain.
6. Did you make a commitment to your peer? If yes, what was the commitment that you made?
7. Did you find anything surprising and/or gain any new insight due to the meeting?
8. How helpful did you find the coaching session overall? Explain and share your experience honestly.

#### **DAILY 3 REPORT**

I. How many minutes did you spend practising Movement each day (Be honest!)

**I walk everyday almost 1 hour**

J. If you did not do at least 20 minutes each day, what were the reasons? If you did, what were the reasons?

**Walking 40 min to 60 min makes me feel free and clears my mind.**