**WELL 119: Wellness Journey Analysis Stage 2**

***15 points***

*The wellness journey analysis encourages students to reflect and set commitments in different areas of personal wellness during the semester. The analysis includes three stages, which are completed at the beginning, mid-point and conclusion of the semester.*

**Mid-point reflections and adjustments**

1) What has challenged you the most in this wellness course this semester? Why? (4+ sentences)

2) In what ways are you learning, growing and/or feeling your fitness level increasing? (4+ sentences)

3) Discuss mid-semester progress in each of your three wellness commitments set at the beginning of the semester (refer back to stage 1 chart). Describe any adjustments that you want to make to these commitments for the remainder of the semester. (6+ sentences)

4) What wellness discussions, resources or experiences have been most interesting and applicable to you at this point? Why? (4+ sentences)