1. What are your personal weight and/or exercise goals for this quarter? Write or type a few sentences and place in your folder to be turned the last day of our class.

I have been working on my weight for almost a year now. This time last year, I was 133 lbs. I have cut down to 109 lbs., but I would like to reach 100 lbs. by the end of the quarter.

Seeing as how ballet is a lot of exercise for me, I do not have any specific exercise goals in mind. However, I would not mind being able to do more ballet!

2. Download the free Kahoot! App on your wireless device. Create an account and be prepared to login during class throughout the quarter.

Done! 😊