WEIGHT TRAINING/ATHLETIC LOCKER MAKE-UP OPTION

* Do a workout (minimum of 20 minutes) of any style you choose. You can do body weight workout, weights, cardio or even a workout video. Then answer the following reflection questions and email to Coach LeFevre at [lefevre.michelle@cusd80.com](mailto:lefevre.michelle@cusd80.com).
* What was activity did you do? How long was the activity?
* How did you feel?
* What went well?
* What do you need to work on?