

# Coach Baker's - HOME HUSTLE - REFLECTION



## STEP 1 - Reflection Questions

1. How has this home hustle activity positively impacted your health?

2. What is one thing you really *liked* about this home hustle activity?

## STEP 2 - Fill in what Challenges you did and any notes. (# of Burpees)

Challenges						
<b>1</b> —	<b>2</b> —	<b>3</b> —	<b>4</b> —	<b>5</b> —	<b>6</b> —	<b>7</b> —

## STEP 3 - Fill out what Workouts you did and any notes.

Workouts						
<b>1</b> —	<b>2</b> —	<b>3</b> —	<b>4</b> —	<b>5</b> —	<b>6</b> —	<b>7</b> —