**Name (First and Last)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Grade (circle your grade level) 8th, 7th, or 6th**

**P.E. Team # (circle your P.E. team #) 1, 2, 3, 4, 5, or 6**

**Teacher=Mrs. Engst**

**Rate of Perceived Exertion (RPE) Reflection Questions**

**Directions:** Select 2 dates from your RPE chart. 1 date needs to be a day in which you rated yourself as a #4 or #5 RPE. The other date must be a day in which you rated yourself as a #3 or below (if you did not have a #3 or below, select a day that you feel you could have exerted/put forth more effort/exertion.) Then answer the following questions using a minimum of 3 sentences for each question.

1. Reflect on the day you rated your RPE as a #4 or #5. Provide/explain 2 reasons why this was a successful class period of exertion for you?
2. Reflect on the day you rated your RPE as a #3 or lower.
   1. Provide/explain 2 reasons why this was not a successful day for you?
   2. What goal(s) can you set for yourself to improve based on your reflection?