

# Lesson Reflection

Date	Time	Weather Conditions
<b>How was I feeling before the session?</b>		
<b>Today's goal</b>		
<b>What went well?</b>	<b>What would I like to improve?</b>	
<b>How am I feeling after the session?</b>		
<b>Next lesson's goal? How much support will I need?</b>	<b>Do I need to do anything in between? Any knowledge I can gain?</b>	
<b>Comments or Questions for my instructor?</b>		