



**LOOKING BACK
ON 2021, I AM
GRATEFUL FOR...**

What are some qualities that you love about yourself?

What is your greatest physical activity achievement from 2021?

What is something that you are proud of?

What was your best BOKS moment?

What is an activity you are grateful for?

My physical activity goals for 2022 are:

- 1.
- 2.
- 3.