

Name:		Date:		
YOGA & MINDFULNESS: Daily Participation Checklist	4: Definitely	3:Somewhat	2: Not really	1:Not at all
Preparation <i>I came prepared to class. I had the materials I needed to be successful. I was dressed appropriately.</i>				
Collaboration <i>I participated in groups as necessary. I worked with others as instructed. I allowed for others to fully participate.</i>				
Participation <i>I answered/asked questions as appropriate and at the appropriate times. I asked/answered an appropriate amount of questions. I completed assignments/tasks as instructed.</i>				
Thoughtfulness <i>I was considerate of my classmates: their opinions, thoughts, time, and feelings.</i>				
Effort <i>I brought my best self to class today. I gave my best effort and am proud of my performance in class individually and in the group.</i>				
Total Points:	/20			

Other notes about class today:

