

SECTION 1 LAB 1:

SCENARIO: You have a member of your class come to you after class and tells you that she is having a hard time staying motivated. She doesn't see that she is achieving any results from coming to the class regularly for the last 3 months.

Based on the knowledge you have gained through Section 1; Part 1 can you encourage her: (online participants must complete the activity below and send a picture of the completed assignment to tricia@faithfuzedfitness.com subject: Section 1 Lab 2)

Spirit:

Soul: (mind, will, emotions)

Body: