* + - Using this template, answer the following reflection questions.
    - Use two specific examples from the video to support writing.
    - Use Standard English grammar and sentence structure.
    - Reflection must contain no more than 3 spelling or typographical errors.
    - Writing must demonstrate original thought without an over-reliance on the works of others.

**Reflection Questions:**

|  |
| --- |
| A number of health habits were discussed in this weeks’ video. Which, if any, of the healthy habits do you already use in your daily regimen? |
| Are there habits mentioned in the video that you do not currently use? |
| Which habits will you consider adding into your routine? |