* + - 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:**

|  |
| --- |
| The certified personal trainer discusses ways to be accountable for working out daily. What ways mentioned in the video do you think you can adapt to your lifestyle and how many times a week? |