My proudest assignment of quarter 2 is my gym logs. I liked this best because I beat my personal records. My Physical education logs helped me strive to become better, to reach for the stars, and my goals. My previous training exercises effectively and helped me get through this course. I also learned in this course perseverance and to really aim for higher standards of my training. I have had a semi-pro sports Carrer, and it boosted my self-confidence and made me euphoric. Going forward I'm going to try to push myself to do better and be stronger and motivate myself to do more exercise thanks to Mr. Barnett. In conclusion this project/course helped me train harder for my personal goals and my dream of one day going pro.