



Student Benchmarking Journal Entry

Name: _____

Today is _____ (day), _____ (month) and I'm starting the iKi Challenge. I am in Year _____ at school and I'm _____ years old.

I am _____ cm tall and weigh _____ kg.

My favourite thing to do on a Sunday afternoon is _____

Some of my other favourite activities are _____
and _____

My greatest achievement is _____

When I do iKi classes I feel mostly _____