

Video Award worksheet

Video title or group name	Health focus (e.g. nutrition, movement, recovery)	Health message	Criteria 1: (out of 10)	Criteria 1: (out of 10)	Criteria 1: (out of 10)	Criteria 1: (out of 10)

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Interesting information presented in the videos:

Actions I want to start or continue as a result of what I learned from the videos: