1.4 Healthy Brain Choices Reflection Rubric Possible points: 2

	Exemplary (1)	Average (.5)	Weak (.25)
Completion	I answered every question or completed every space. I submitted my reflection.	I answered or completed most of the assignment. I submitted my reflection.	I answered or completed some of the assignment. I submitted my reflection.
Reflection	All of my answers show careful thought and personal reflection. If indicated, my entries and remarks also show personal application, analysis, or evaluation.	At least half of my entries and remarks show careful thought and personal reflection. The other half of my entries and remarks are basic and factual rather than reflective.	My plans show very little if any personal reflection. My answers are primarily reporting basic and factual.

My score for this activity is _____ points