



Hey, Girls!

Do you want some of your writing to appear on the Girls On The Run, Chicago website(www.gotrchicago.org)? If so, don't miss out on this opportunity! They're looking to have some of your thoughts shared in the GIRLZONE section. Write a short, thoughtful paragraph about one or both of these topics... (Be sure to use complete sentences, great spelling, & proper punctuation.) *If you need more space use the back or a separate sheet of paper.*

What I have learned about myself at Girls on the Run ...

I have learned that exercising is really not too hard, it is really good for the body. I have learned to like nutritious snacks, and group activities.

What inspires me...

I am inspired by competition. It is fun and inspiring to be a part of a group where I am meeting other people. I've learned a lot from the other girls about teamwork.

Name

Jancy

Age

9

*When you're done, return this to your coach. Thanks! 😊