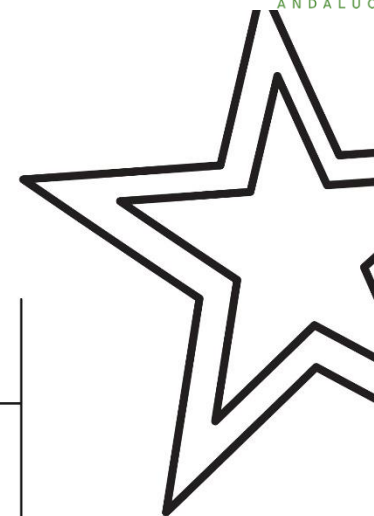


# Effort test

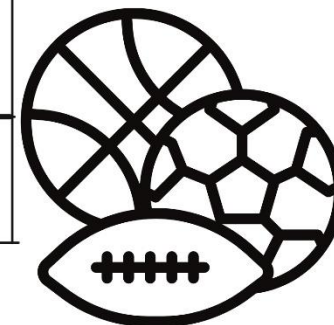




# EFFORT TEST



		✓✓ Always	✓ Sometimes	✗ Never
1. I practice sports 2-3 hours/week				
2. I drink 2L of water everyday				
3. I have a positive attitude when I work in teams				
4. I eat healthy				
5. I learn from my mistakes				
6. I am good at respecting sports rules				





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