Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Due date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**30 Day Challenge Presentation**

You will be presenting your 30 Day Challenge to the class. Your presentation should include the following:

|  |  |
| --- | --- |
| **If you completed your challenge** | **If you did not complete your challenge** |
| * Your challenge and why you chose it
 | * Your challenge and why you chose it
 |
| * Your plan to carry out your challenge
 | * Your plan to carry out your challenge
 |
| * Challenges you had to overcome
 | * Challenges that prevented you from completing
 |
| * Did your challenge become easier as time went on or more difficult? Explain
 | * Did your challenge become easier as time went on or more difficult? Explain
 |
| * Pictures/video
 | * Pictures/video
 |
| * How you benefitted from your challenge
 | * What could you have done differently to complete your challenge
 |
| * What will be your next challenge?
 | * What will be your next challenge?
 |

**30 Day Challenge Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Category | Level 4 | Level 3 | Level 2 | Level 1 |
| Elements of 30 Day Challenge Presentation | All aspects of your 30 Day Challenge have been thoroughly discussed:-what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time. | Most aspects of your 30 Day Challenge have been discussed:-what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time. | Some aspects of your 30 Day Challenge have been discussed in some details:-what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time. | Very few aspects of your 30 Day Challenge have been discussed your audience still has questions:-what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time. |
| Elements of an Oral Presentation | All aspects of an Oral Presentation have been demonstrated:-eye contact, body language, tone of voice, posture, enthusiasm, audience’s attention, etc. | Most aspects of an Oral Presentation have been demonstrated:-eye contact, body language, tone of voice, posture, enthusiasm, audience’s attention, etc. | Some aspects of an Oral Presentation have been demonstrated:-eye contact, body language, tone of voice, posture, enthusiasm, audience’s attention, etc. | Very few aspects of an Oral Presentation have been demonstrated:-eye contact, body language, tone of voice, posture, enthusiasm, audience’s attention, etc. |
| Use of Visuals | The use of visuals, multimedia, pictures, videos, etc. have been used to compliment your presentation. | The use of visuals, multimedia, pictures, videos, etc. have been used in your presentation.  | The use of visuals, multimedia, pictures, videos, etc. have been used but distract your audience and limit the overall effectiveness of your presentation. | The use of visuals were not used/needed to support your presentation. |
| Evidence of Proof | Your 30 Day Challenge is backed up with reliable and thorough proof from family, friends, pictures, videos etc. | Proof has been provided to support your 30 Day Challenge. | Some proof has been provided to support your 30 Day Challenge. More evidence of proof would help support your Challenge. | No proof has been provided to support your 30 Day Challenge. |
| Responsibility | I was ready to present my 30 Day Challenge when selected. | I was not ready to present my 30 Day Challenge when selected presentation. |