



## Active/Public Transportation Challenge Reflective Journal

**You are welcome to use the following questions as a reflection journal<sup>1</sup>.**

This is an optional exercise to reflect on your poverty challenge experience. You may consider these each day or at the end of your challenge.

You are invited to bring these reflections with you during the Poverty Challenge Debrief Session on April 9, 2021 from 12pm to 1:30pm or submit them to the event organizers at [communitytogetherLS@gmail.com](mailto:communitytogetherLS@gmail.com) to be incorporated into the Poverty Reduction Plan.

Thank you for participating.

What type of transportation did you use to get around today?

Did you have any challenges or did you need to deviate from your original plan? Please explain.

How did you feel only taking active or public transportation? (physically, mentally, emotionally, etc.)

---

<sup>1</sup> Based on <https://gradfoodstudies.org/social-assistance-food-budget-challenge-assignment-instructions/>



Was there any impact on your social or family life? Please explain.

How much of your time was spent getting from point A to point B today? How did this compare to how you usually travel?

Did you change any of your activities because of the challenge?

Describe any 'aha' moments?

Has this experience changed you in any way? Will you do anything differently?

Have you had any insights about your community after your experience? What are some solutions to this challenge?