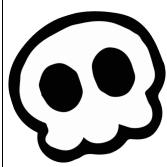
STUDENT'S NAME:	START DATE:
310DEN 3 NAITE:	. STANT DATE:





GHOULIE

THIS CHART RESETS EACH CYCLE. COMPLETE THESE PRACTICE & FITNESS EXERCISES OUTSIDE OF KUNG FU CLASS-TIME TO EARN STRIPES & "GHOULIE SKULLS"! WHEN YOU COMPLETE ALL THE EXERCISES IN A ROW, YOU WILL EARN LOOT!

THE MORE ROWS YOU COMPLETE WITHIN THE CURRENT CYCLE, THE HIGHER THE LOOT! YOU CAN WORK ON MULTIPLE ROWS AT A TIME, BUT START FROM THE TOP-MOST BOXES FIRST. YOU NEED TO TRACK 50 "GHOULIE SKULLS" ON A GHOULIE TRACKER SHEET TO UNLOCK A SKULL-BASHER PATCH FOR YOUR UNIFORM! PLEASE USE A TIMER FOR TIMED EXERCISES.

😡 PARTY BONUS: IF YOU COMPLETE THIS SHEET, YOU GET A PARTY BONUS OF I "GHOULIE SKULL" PER STUDENT WHO ALSO COMPLETES THIS SHEET DURING THIS CYCLE, SO RALLY TOGETHER!!

W PARTY BONUS: IF YOU COMPLETE THIS SHEET, YOU GET A PARTY BONUS OF I "GHOULIE SKULL" PER STUDENT WHO ALSO COMPLETES THIS SHEET DURING THIS CYCLE, SO F									
								W LOOT TIER W	
SQUATS 30 20 15 10	HIGH PLANK 30 SEC 45 SEC 60 SEC	HIGH KNEES 45 SEC 60 SEC 90 SEC	10 10	LEFT 10 10	ALTERNATING SLAP TOE KICKS 10 20 30	CRANE STANCE HOLD RIGHT LEFT 10 SEC 10 SE 20 SEC 20 SE 30 SEC 30 SE	2025	1 SKULL & YELLOW STRIPE AWARDED BY INSTRUCTOR:	
		A0 2EC	10	10	30	30 SEC 30 SE	;		
CHAIR SQUATS	PLANK TAPS	ROCKETS 45 SEC	OUTSIDE KICKS		ALTERNATING CRANE STANCE PUNCHES	3-POINT STANCE HOLD	SIT-UPS 10 15	2 SKULLS 8 ORANGE	
30 20 15 10	30 SEC 45 SEC 60 SEC	45 3EC 60 SEC 90 SEC	RIGHT L 10 10 10	LEFT 10 10 10	10 20 30	RIGHT LEFT 10 SEC 10 SEC 20 SEC 20 SE 30 SEC 30 SE	20 25	STRIPE AMARDED BY INSTRUCTOR:	
SQUAT, KNEE, KNEE	Y-SIT HOLD	JUMPING JACKS	INSIDE KIO	CKS	ALTERNATING KNIFE-HAND HEELKICKS	CAT STANCE HOLD	PLHNK-UPS	3 SKULLS	
30 20 15 10	30 SEC 45 SEC 60 SEC	45 SEC 60 SEC 90 SEC	RIGHT L 10 10 10	LEFT 10 10 10	10 20 30	RIGHT LEFT 10 SEC 10 SE 20 SEC 20 SE 30 SEC 30 SE	3	& GREEN STRIPE AWARDED BY INSTRUCTOR:	
KANGAROO SQUATS	BRIDGE PLANK	BUTT- KICKS	OUTSIDE KICKS		ALTERNATING SLAP TOE KICKS	AP TOE STANCE P	SIT-UPS, PUNCH 1,2	4 SKULLS	
30 20 15 10	30 SEC 45 SEC 60 SEC	45 SEC 60 SEC 90 SEC	RIGHT L 10 10 10	LEFT 10 10 10	10 20 30	RIGHT LEFT 10 SEC 10 SE 20 SEC 20 SE 30 SEC 30 SE	10 15 20 25	& BLUE STRIPE AWARDED BY INSTRUCTOR:	
SUMO SQUATS	LOW PLANK		INSIDE KICKS		ALTERNATING CRANE STANCE PUNCHES	SIDE KICK HOLD	PUSH-UPS	S SKULLS	
30 20 15 10	30 SEC 45 SEC 60 SEC	45 SEC 60 SEC 90 SEC	RIGHT L 10 10 10	LEFT 10 10 10	10 10 20 30	RIGHT LEFT 10 SEC 10 SE 20 SEC 20 SE 30 SEC 30 SE	3	& RED STRIPE AWARDED BY INSTRUCTOR:	
PROCLAIMERS 30 20 15 10	SIDE PLANK RIGHT LEFT 30 sec 30 sec 45 sec 45 sec 60 sec 60 sec	CALF RAISES 45 SEC 60 SEC 90 SEC	IN & OU KICKS RIGHT L 10 10 10		ALTERNATING KNIFE-HAND HEELKICKS 10 20 30	HORSE STANCE HOLD 1 MINUTE 2 MINUTES 3 MINUTES	DICAPRIOS 10 15 20 25	6 SKULLS & CUSTOM STRIPE [500 POINTS] AMARDED BY INSTRUCTOR:	

IF YOU WANT TO RECEIVE YOUR GHOULIE SKULL PATCH, YOU NEED TO TRACK ALL OF THE GHOULIE SKULLS YOU COLLECT IN AND OUT OF CLASS ON A "GHOULIE TRACKER". ONCE YOU HAVE 50 GHOULIES TRACKED, YOU CAN HAND THE TRACKER IN FOR A SKULL PATCH! YOU CAN EARN MULTIPLE SKULL PATCHES!