

STUDENT NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ RANK: \_\_\_\_\_



# CHARACTER BUILDER – ADULTS [BASIC]

USE THIS SHEET TO TRACK YOUR “BLACK BELT HABITS” THROUGHOUT YOUR WEEK!

WEEK: \_\_/8

MM/YYYY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	IF YOU DID 6-7 DAYS STREAK BONUS	PLEASE TOTAL SCORE
MADE MY BED IN THE MORNING								+3 POINTS!	/10
DRANK 500MLS OF WATER IN THE MORNING								+3 POINTS!	/10
DID KUNG FU WARM UP IN THE MORNING								+3 POINTS!	/10
COMPLETE 1-MINUTE HORSE STANCE HOLD								+3 POINTS!	/10
CLEAN UP ALL MY TRASH, DISHES, AND LAUNDRY								+3 POINTS!	/10
CONSUMED MEAL THAT'S 70% FRUITS/ VEGETABLES								+3 POINTS!	/10
ATE A MEAL WITHOUT MY PHONE								+3 POINTS!	/10
TREATED MYSELF & OTHERS WITH RESPECT								+3 POINTS!	/10
ENTIRE DAY WITHOUT SOCIAL MEDIA [5]								DOUBLE SCORE!	/60
MEDITATED FOR 5-10 MINUTES [5]								DOUBLE SCORE!	/60
PROGRESS COMMENTS	<p>What successes, achievements, or improvements have you experienced this past week?</p> <p>In what area(s) will you strive toward improvement in the coming week?</p>							<p>MY TOTAL SCORE:</p> <p>_____</p>	