

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

**ATTITUDE SCORECARD: BLACK SASH TRAINING (AGES 11-17)**

DRAW A POSITIVE "ATTITUDE" EMOTE IN THE BOX WHEN YOU'VE COMPLETED THE TASK! (FOR EXAMPLE, A HAPPY FACE)



WEEK: \_\_/8 MM/YYYY

SUN

MON

WES

THUR

FRI

SAT

IF YOU DID  
6-7 DAYS  
STREAK  
BONUSPLEASE  
TOTAL  
SCORE

MADE MY BED IN THE MORNING								+3!	/10
BRUSHED MY TEETH (MORNING AND NIGHT)								+3!	/10
SHOWERED OR BATHED (HUNG UP TOWEL)								+3!	/10
CLEANED UP ALL MY DISHES AND TRASH								+3!	/10
PICKED UP ALL MY DIRTY LAUNDRY								+3!	/10
SPENT 20+ MINS DOING SOMETHING CREATIVE OR ACTIVE								+3!	/10
SPENT 20+ MINS OUTSIDE IN NATURE (TOUCH GRASS)								+3!	/10
ATE AT LEAST A HANDFUL OF VEGGIES/FRUITS								+3!	/10
ATE A MEAL WITHOUT SCREEN TIME								+3!	/10
TREATED MYSELF & OTHERS WITH RESPECT								+3!	/10
PARENT'S CHOICE:								+3!	/10
ENTIRE DAY WITHOUT SOCIAL MEDIA [5]	+5	+5	+5	+5	+5	+5	+5	DOUBLE SCORE!	/70
HORSE STANCE HOLD: 2 MIN [1] / 3 MIN [2] / 4 MIN [3] / 5 MIN [5] <small>*USE A TIMER. FEET PARALLEL, BACK STRAIGHT, HANDS MUST BE ABLE TO REACH KNEE CAPS WITHOUT BENDING BACK</small>	+__	+__	+__	+__	+__	+__	+__	DOUBLE SCORE!	/70
LIMITED MY TOTAL SCREEN-TIME* TODAY TO: 90 MIN [1] / 60 MIN [2] / 45 MIN [3] / 30 MIN [5] / 0 MIN [10] <small>*SCREEN-TIME FOR EDUCATIONAL OR PROFESSIONAL PURPOSES DOES NOT COUNT AGAINST YOUR TOTAL SCORE FOR THIS CHALLENGE</small>	+__	+__	+__	+__	+__	+__	+__	DOUBLE SCORE!	/140
PRACTICED MY CURRENT FORM: 3 TIMES [1] / 5 TIMES [2] / 10 TIMES [5] / 15 TIMES [10] / 20 TIMES [20]	+__	+__	+__	+__	+__	+__	+__	DOUBLE SCORE!	/280
PRACTICED MEDITATION OR QIGONG FOR: 5 MIN [1] / 10 MIN [3] / 15 MIN [5] / 20 MIN [10] / 30 MIN [20] / 60 MIN [50]	+__	+__	+__	+__	+__	+__	+__	+50!	/400
SIFU'S CHALLENGE: [5]	+__	+__	+__	+__	+__	+__	+__	DOUBLE SCORE!	/70

PROGRESS COMMENTS	What successes, achievements, or improvements has the student experienced this past week?	MY TOTAL SCORE:  ----
	In what area(s) do you feel the student could improve in the coming week?	

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_