

NAME: \_\_\_\_\_ SQUAD: \_\_\_\_\_ RANK: \_\_\_\_\_



# #KUNGFUAF – BLACK SASH TRAINING (18+)

USE THIS KUNG FU ACTIVITY FORM TO TRACK YOUR BLACK SASH HABITS EACH WEEK!

WEEK: \_\_/8 MM/YYYY

SUN

MON

TUES

WED

THUR

FRI

SAT

IF YOU DID  
5-7 DAYS  
STREAK  
BONUSPLEASE  
TOTAL  
SCORE

MADE MY BED IN THE MORNING

+3!

/10

DRANK 500MLS OF WATER IN THE MORNING

+3!

/10

COMPLETED KUNG FU WARM UP IN THE MORNING

+3!

/10

REPLACED A CUP OF COFFEE WITH GREEN TEA

+3!

/10

SPENT 20+ MINS DOING SOMETHING CREATIVE OR ACTIVE

+3!

/10

SPENT 20+ MINS OUTSIDE IN NATURE

+3!

/10

TIDY UP MY PERSONAL SPACE (ROOM, OFFICE, ETC.)

+3!

/10

CONSUME A MEAL THAT'S 70% FRUITS/ VEGGIES

+3!

/10

ATE A MEAL WITHOUT SCREEN TIME

+3!

/10

TREATED MYSELF &amp; OTHERS WITH RESPECT

+3!

/10

WRITE YOUR OWN HERE

+3!

/10

ENTIRE DAY WITHOUT SOCIAL MEDIA [5]

+5

+5

+5

+5

+5

+5

+5

DOUBLE  
SCORE!

/70

HORSE STANCE HOLD:

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

DOUBLE  
SCORE!

/70

2 MIN [1] / 3 MIN [2] / 4 MIN [3] / 5 MIN [5]

\*USE A TIMER. FEET PARALLEL, BACK STRAIGHT, HANDS MUST BE ABLE TO REACH KNEE CAPS WITHOUT BENDING BACK

LIMITED MY TOTAL SCREEN-TIME\* TODAY TO:

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

DOUBLE  
SCORE!

/140

90 MIN [1] / 60 MIN [2] 45 MIN [3] / 30 MIN [5] / 0 MIN [10]

\*SCREEN-TIME FOR EDUCATIONAL OR PROFESSIONAL PURPOSES DOES NOT COUNT AGAINST YOUR TOTAL SCORE FOR THIS CHALLENGE

PRACTICED MY CURRENT FORM:

+\_\_

+\_\_

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+\_\_

+\_\_

+\_\_

+\_\_

DOUBLE  
SCORE!

/280

3 TIMES [1] / 5 TIMES [2] / 10 TIMES [5] / 15 TIMES [10] / 20 TIMES [20]

PRACTICED MEDITATION OR QIGONG FOR:

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+50!!

/400

5 MIN [1] / 10 MIN [3] / 15 MIN [5] / 20 MIN [10] / 30 MIN [20] / 60 MIN [50]

SIFU'S CHALLENGE:

[5]

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

+\_\_

DOUBLE  
SCORE!

/70

PROGRESS  
COMMENTS

What successes, achievements, or improvements have you experienced this past week?

In what area(s) do you feel you could strive for improvement in the coming week?

MY  
TOTAL  
SCORE:

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