

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



# CHARACTER BUILDER: BLACK SASH TRAINING (AGES 10-)

DRAW A BLACK SASH ON YOUR "CHARACTER" IF YOU COMPLETED THE TASK!



WEEK: \_\_/8 MM/YYYY

	SUN	MON	TUES	WES	THUR	FRI	SAT	IF YOU DID 6-7 DAYS STREAK BONUS	PLEASE TOTAL SCORE
MADE MY BED IN THE MORNING								+3	/10
BRUSHED MY TEETH (MORNING AND NIGHT)								+3	/10
TOOK A BATH (HUNG UP TOWEL/WASHCLOTH)								+3	/10
CLEANED UP ALL MY DISHES AND TRASH								+3	/10
PICKED UP ALL MY DIRTY LAUNDRY								+3	/10
ATE AT LEAST A HANDFUL OF VEGGIES/FRUITS								+3	/10
SPEND 20+ MINS DOING SOMETHING CREATIVE OR ACTIVE								+3	/10
SPEND 20+ MINS OUTSIDE IN NATURE								+3	/10
TREATED MYSELF & OTHERS WITH RESPECT								+3	/10
PARENT'S CHOICE:								+3	/10
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>								x2	/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>								x2	/140
PRACTICED MY CURRENT FORM: 3 TIMES [1] / 5 TIMES [2] / 10 TIMES [5] / 15 TIMES [10] / 20 TIMES [20]								x2	/280
PRACTICE SILENT SEATED OR GUIDED MEDITATION: 2 MIN [1] / 5 MIN [3] / 10 MIN [10] / 15 MIN [20] / 20 MIN [30]								+30	/240
SIFU'S CHALLENGE: [5]	+5	+5	+5	+5	+5	+5	+5	x2	/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/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_