

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

WEEK OF: \_\_\_\_/\_\_\_\_/\_\_\_\_ - \_\_\_\_/\_\_\_\_/\_\_\_\_ WEEK \_\_\_\_/8



# #KUNGFUAF

## BLACK BELT CLUB, LEADERSHIP, & PEAK PERFORMANCE (AGES 18+)

In order to earn STRIPE POINTS, use this **KUNG FU ACTIVITY FORM** to track your excellent daily habits and responsibilities by initialling after each task you complete, total your score, and hand in this sheet. An additional 10 points per day will be awarded, if you complete ALL the tasks for that day. Only one sheet can be completed per week (8 per cycle). Week 8's sheet will be counted towards your next rank. Use the blank spaces to write your other daily chores. **Students must have at least 2 sheets with minimum 50 pts handed in to pass their next rank test.**

<b>CLEAN ROOM</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>Fr</b>	<b>Sa</b>	<b>Su</b>	<b>TOTALS:</b>
Make my bed in the morning								/7
Hang up/Fold/Put Away my clothes								/7
Room is clean before going to bed								/7
<b>SELF CARE</b>								
Shower/Bathe (Hung up towel & washcloth after)								/7
Put all dirty clothes in the laundry								/7
Drank 500mls of water in the morning								/7
Woke up on time (no snooze)								/7
Went to bed on time (6-8 hours before alarm)								/7
Replaced coffee with green tea								/7
Consume meal that was at least 70% fresh fruits/vegetables								/7
Spent 20+ minutes on something I love to do and find fulfilling (+3)								/21
Spent 20+ minutes outside in nature (+3)								/21
<b>WORK/SCHOOL</b>								
Did I take pride in my work today?								/7
Did I treat my co-workers, peers, & clients w/ respect & courtesy?								/7
<b>RELATIONSHIPS, HOME, &amp; FAMILY</b>								
Picked up all personal belongings around the house								/7
Cleaned up after meals (Take out the trash)								/7
Removed all garbage from vehicle								/7
Expressed genuine appreciation to a friend or family member today								/7
<b>BLACK BELT HABITS</b>								
Daily Gratitude Journal (Write out 3 things)								/7
Read Daily Affirmations or Write Out Goals/Daily Task List								/7
Did I strive to exit my comfort zone today?								/7
Dressed for success today								/7
Practice Meditation or Qigong for: 5 min [1] / 10 min [3] / 30 min [10] / 60 min [25]								/175
<b>PERFECT DAY BONUS (+10 if all above are filled for the day)</b>								/70
<b>FAMILY DINNER WITHOUT SCREEN TIME (+3)</b>								/21
<b>TOOK STAIRS INSTEAD OF ELEVATOR/PARKED FAR AWAY (+3)</b>								/21
<b>DAY FREE OF VIDEOGAMES/TV/TABLET/COMPUTER (+5)</b>								/35
<b>SIFU'S CHALLENGE: (+5)</b>								/35
<b>STUDENT COMMENTS</b>	What successes, achievements, or improvements has the student experienced this past week?							<b>TOTAL SCORE:</b> _____
	In what areas did you feel the student experienced the most struggle and weakness this past week?							

STRIPE AWARDED: INSTRUCTOR SIGN

...ON A QUEST TO BE THE BEST!!!