

"Creating Complete Individuals "



Changed by Challenges

NAME: _____

On June 1st, we are going to begin a new journey. GOOD LUCK and ENJOY THE PROCESS

This month gave us a starting point. Everyone was given a list of suggestions.

From the list, your goal was to select 10 or more things that you were going to incorporate into your life on a consistent basis.

List the activities that you were successful with below.

Each activity is worth 100 points (Each activity completed passed 10 = 200 points)

1

2

3

4

5

6

7

8

9

10

11

12

Total

How did those changes affect your life?

Did you struggle with any of the changes?

Challenge 1 (June 1st to July 15th):

- 1) Practice kata 200 or more times this month (outside of class) = 200 points (each additional kata = 1 point)
- 2) Perform 200 or more sit-ups = 200 points (each additional sit up = 1 point)
- 3) Perform 200 or more push-ups = 200 points (each additional push up = 1 point)
- 4) Perform 2000 or more punches = 200 points
- 5) Perform 2 or more random acts of kindness = 200 points
- 6) Stretch for 15 minutes a day at home. (Each day that you stretched for 15 minutes = 10 points)

This challenge will run from June 1st until July 15th.
You will be given a new set of challenges on July 15th.

Please keep accurate and honest records.

Activity list points total = _____

Did you accomplish

Challenge 1 (200 kata) = _____ additional kata = _____

Challenge 2 (200 sit ups) = _____ additional sit ups = _____

Challenge 3 (200 pushups) = _____ additional pushups = _____

Challenge 4 (2000 punches) = _____ additional punches = _____

Challenge 5 (2 acts of kindness) = _____ additional sit ups = _____

Challenge 6 (stretching for 15 minutes) = _____

TOTAL POINTS = _____

These challenges are done on an honor system. BE HONEST!

Please Sign and turn in to Sensei: X _____