

Student Name:

Read and Completed Book Test for LEVEL 2

"Unlimited Power" Tony Robbins

"Awaken the Giant Within" Tony Robbins

Yellow Stripe:
(Intramurals—
required)

Red Stripe (6):
Attitude Stripe

Intent to
Promote

Month 1

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
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Month 2

9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
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Grey Stripe: Approval to test 16+ classes, 8 weeks (word of the Month)
Black Stripe: Progress of Curriculum reviewed and approved by Instructor

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	Goal	Progress	Test
Push ups			
Sit ups			
Leg Lifts			
squats			
Mountain Climbers			
Jump Rope			
Front Kicks			
Front Punches			
Side Kicks			
Round Kicks			
Run			

NOTES:

	Goal	Progress	Test
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Sit ups			
Leg Lifts			
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