

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

NOTES:

Basic / Level 1 Orange Belt—Green Belt—Purple Belt—Blue Belt

Student Name: Birthday: ID#: Responsible:	<div style="border: 1px solid black; width: 100%; height: 100%; display: flex; align-items: center; justify-content: center;"> Picture </div>										
Read and Completed Book Test for <input type="checkbox"/> 7 Habits of Highly Effective People/Teens—Stephen Covey <input type="checkbox"/> Maximum Achievement—Brian Tracy	Belt size: Yellow Stripe: (Intramurals– required) Red Stripe (6): Attitude Stripe <input type="checkbox"/> Intent to Promote										
<div style="border: 1px solid black; width: 80%; margin: 0 auto; padding: 2px;">Month 1</div>											
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 12.5%; text-align: center;">1</td> <td style="width: 12.5%; text-align: center;">2</td> <td style="width: 12.5%; text-align: center;">3</td> <td style="width: 12.5%; text-align: center;">4</td> <td style="width: 12.5%; text-align: center;">5</td> <td style="width: 12.5%; text-align: center;">6</td> <td style="width: 12.5%; text-align: center;">7</td> <td style="width: 12.5%; text-align: center;">8</td> <td style="width: 12.5%; text-align: center;">Grey Stripe:</td> <td style="width: 12.5%; text-align: center;">Black Stripe:</td> </tr> </table>	1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:	
1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:		
<div style="border: 1px solid black; width: 80%; margin: 0 auto; padding: 2px;">Month 2</div>											
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 12.5%; text-align: center;">9</td> <td style="width: 12.5%; text-align: center;">10</td> <td style="width: 12.5%; text-align: center;">11</td> <td style="width: 12.5%; text-align: center;">12</td> <td style="width: 12.5%; text-align: center;">13</td> <td style="width: 12.5%; text-align: center;">14</td> <td style="width: 12.5%; text-align: center;">15</td> <td style="width: 12.5%; text-align: center;">16</td> <td style="width: 12.5%; text-align: center;">Grey Stripe:</td> <td style="width: 12.5%; text-align: center;">Black Stripe:</td> </tr> </table>	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