

PREP-CYCLE	
Student Name: Birthday: ID#: Responsible: Year:	<div style="border: 1px solid black; width: 100px; height: 100px; margin: 0 auto;"> Picture </div>

Belt size:
 Yellow Stripe:
 (Intramurals- required)
 Red Stripe (6):
 Attitude Stripe
 Intent to Promote
 Promote:

1	2	3	4	5	6	7	8	Grey Stripe:	Black Stripe:
9	10	11	12	13	14	15	16	Grey Stripe:	Black Stripe:
17	18	19	20	21	22	23	24	Grey Stripe:	Black Stripe:
25	26	27	28	29	30	31	32	Grey Stripe:	Black Stripe:

Grey Stripe: Approval to test ____ classes, __ weeks (word of the Month)
 Black Stripe: Progress of Curriculum reviewed and approved by Instructor

All Reading Requirements (outlined on schedule) and Tests completed and initialed ____

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

NOTES: