

<div> <div>PREP-CYCLE</div> <div> <div> <div>Student Name:</div> <div>Birthday:</div> <div>ID#:</div> <div>Responsible:</div> <div>Year:</div> </div> <div> <div>Picture</div> </div> </div> </div>		<div>Belt size:</div> <div>Yellow Stripe: (Intramurals– required)</div> <div>Red Stripe (6): Attitude Stripe</div> <div>Intent to Promote Promote:</div>
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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:

Black Stripe:

Approval to test ____ classes, __ weeks (word of the Month)

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: