



Name _____

Month / Year _____

Achievement



Daily Goals- For Home, School, & Karate USA

***EARN A STAR:** Develop healthy habits by setting the following goals at home, school and martial arts and following through for 30 days in a row.

Home

Daily Chores

1. _____
2. _____
3. _____
4. _____
5. _____

School

Classes /Grades

- _____ / _____
- _____ / _____
- _____ / _____
- _____ / _____
- _____ / _____
- _____ / _____

Martial Arts

Daily Practice (4 times a week)

- Forms ___ 3 times each practice day
- Push Ups _____ each practice day
- Sit Ups _____ each practice day
- Kicks _____ total each practice day
- Stretching out each practice day

"Take care of the days, and the years will take care of themselves."

Master Dave Kovar