



Name \_\_\_\_\_

Month / Year \_\_\_\_\_

# Self-Discipline

## \*EARN A STAR

Part 1: 100 Form Repetitions –full power, full speed

Check a box for each rep...


Part 2...

## The Great Outdoors

### *"Go Take A Hike!"*

Get with your parents or friends, find a trail in the woods and take a hike. Make a note of the different trees, birds, animals and insects you see along the way.

