

# ACTION KARATE

## STUDENT PROGRESS & GOALS UPDATE

### For adult Blue Belts



Name \_\_\_\_\_ E-Mail \_\_\_\_\_ Age \_\_\_\_\_

Please complete and return to your instructor for your next exam.

1. How are you feeling about your training at Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. In what ways could Action help to motivate you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. In what ways could you help another Action student, either adult or child? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What are you most proud of since you joined Action? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please refer to your previous goals update and answer:

1. What goals did you achieve? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What, if any, goals did you fall short on? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Why do you think this happened? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Countless studies show that the very act of writing down your goals is a very powerful force towards their accomplishment. Please write four goals below with your target date for their accomplishment. Your goals should include one training goal, one personal goal and one career goal.

	GOAL	WHY	TARGET DATE
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

What steps are you will to take to achieve your long term goals?