

ACTION KARATE

STUDENT PROGRESS & GOALS UPDATE

For adult green belts



Name _____ E-Mail _____ Age _____

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

1. In what ways has attending Action Karate helped you at work or school? _____

2. In what ways has attending Action Karate helped you at home? _____

3. In what ways has attending Action Karate helped you as a parent (or as a child)? _____

4. List two ways you have changed – physically _____

5. How could you apply the lessons at Action Karate to helping in the community? _____

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?