

# ACTION KARATE

## STUDENT PROGRESS & GOALS UPDATE

### For adult White Belts



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

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

1. Why did you originally enroll at Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What do you hope to achieve at Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What do you like best about Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What do you like least about Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Please help us to get to know you better. What are your talents and or strengths? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6: What would you like to improve about yourself? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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?