

Huntzinger's Karate Black Belt Character Development System

HEALTHY EATING

STUDENT NAME _____

Each time you choose healthy food over unhealthy snacks without being asked, write down what you chose to eat instead of what you wanted to eat. Once you filled in ten healthy choices, turn in your sheet to receive a Character Development stripe.

1. I CHOSE: _____ INSTEAD OF: _____
2. I CHOSE: _____ INSTEAD OF: _____
3. I CHOSE: _____ INSTEAD OF: _____
4. I CHOSE: _____ INSTEAD OF: _____
5. I CHOSE: _____ INSTEAD OF: _____
6. I CHOSE: _____ INSTEAD OF: _____
7. I CHOSE: _____ INSTEAD OF: _____
8. I CHOSE: _____ INSTEAD OF: _____
9. I CHOSE: _____ INSTEAD OF: _____
10. I CHOSE: _____ INSTEAD OF: _____

Parent Signature _____ Date _____
Instructor Signature _____ Date _____

1. I CHOSE: _____ INSTEAD OF: _____
2. I CHOSE: _____ INSTEAD OF: _____
3. I CHOSE: _____ INSTEAD OF: _____
4. I CHOSE: _____ INSTEAD OF: _____
5. I CHOSE: _____ INSTEAD OF: _____
6. I CHOSE: _____ INSTEAD OF: _____
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8. I CHOSE: _____ INSTEAD OF: _____
9. I CHOSE: _____ INSTEAD OF: _____
10. I CHOSE: _____ INSTEAD OF: _____

Parent Signature _____ Date _____
Instructor Signature _____ Date _____

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Parent Signature _____ Date _____
Instructor Signature _____ Date _____