

TEEN & ADULT Summer Goals Challenge Tally Sheets

Summer Challenge Week 1

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 6/22							
M 6/23							
T 6/24							
W 6/25							
Th 6/26							
F 6/27							
Sa 6/28							
week total:							
Weekly Good Deed:							

Summer Challenge Week 2

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 6/29							
M 6/30							
T 7/1							
W 7/2							
Th 7/3							
F 7/4							
Sa 7/5							
week total:							
Weekly Good Deed:							

Summer Challenge Week 3

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 7/6							
M 7/7							
T 7/8							
W 7/9							
Th 7/10							
F 7/11							
Sa 7/12							
week total:							
Weekly Good Deed:							

Summer Challenge Week 4

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 7/13							
M 7/14							
T 7/15							
W 7/16							
Th 7/17							
F 7/18							
Sa 7/19							
week total:							
Weekly Good Deed:							

Summer Challenge Week 5

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 7/20							
M 7/21							
T 7/22							
W 7/23							
Th 7/24							
F 7/25							
Sa 7/26							
week total:							
Weekly Good Deed:							

Summer Challenge Week 6

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 7/27							
M 7/28							
T 7/29							
W 7/30							
Th 7/31							
F 8/1							
Sa 8/2							
week total:							
Weekly Good Deed:							

Summer Challenge Week 7

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 8/3							
M 8/4							
T 8/5							
W 8/6							
Th 8/7							
F 8/8							
Sa 8/9							
week total:							
Weekly Good Deed:							

Summer Challenge Week 8

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 8/10							
M 8/11							
T 8/12							
W 8/13							
Th 8/14							
F 8/15							
Sa 8/16							
week total:							
Weekly Good Deed:							

Summer Challenge Week 9

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 8/17							
M 8/18							
T 8/19							
W 8/20							
Th 8/21							
F 8/22							
Sa 8/23							
week total:							
Weekly Good Deed:							

Summer Challenge Week 10

	upper body 10/week	core 10/week	martial arts practice 10 min/week	slow kicks 20/week	cardio 90 min/wk	stretching 10 min/wk	reading (student specific)
Su 8/24							
M 8/25							
T 8/26							
W 8/27							
Th 8/28							
F 8/29							
Sa 8/30							
week total:							
Weekly Good Deed:							

Summer Challenge Final Tally Sheet

	push-ups	sit-ups	Martial arts practice	slow kicks	cardio	stretching	reading	good deeds
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Total:								
Goal:	100	100	100 mins	200 (100/leg)	900 min	100 min	Student specific	10
Did I reach my goal?								

Student Signature: _____

Parent Signature: _____