

EARNING YOUR STRIPES EXERCISE

When you earn a brand-new belt, we find that it's an excellent time to set new goals! You have a few exciting stripes to earn before you are able to go for your next grading and these make great goals!

As always, we recommend you work with your parents to put in a "Goal Date" and a "Planned Reward" so that you have a lot of fun achieving your goals on your way to the next belt!

You can print this off each time you pass a grading and earn a new belt, filling in the form and sticking it on your bedroom wall!

WHAT IS YOUR CURRENT BELT:			
	TICK WHEN ACHIEVED	GOAL DATE	PLANNED REWARD
GREEN STRIPE			
RED STRIPE			
YELLOW STRIPE			
PURPLE STRIPE			
BLACK STRIPE			
SILVER STRIPE			
BROWN STRIPE			