

Ichiban 2019 Summer Fitness Challenge						
Adult Fitness Score Card & Check List						
Personal Goals for your summer fitness:						
This week:						
Goal at the end of the challenge:						
Week #5 August 10th - August 14th						
Check off each category below	S	Su	M	T	W	Th
Complete a workout and post a picture or video (2pts)						
Bring a friend to workout with you (2pts)						
Participate in any Ichiban Fitness Class (3pts)						
Participate in a road race & post in Ichiban gear (5pts)						
50x challenge - perfect a move or technique and execute 50x (25pts) / 25x (10pts)						
1. _____						
record how many you complete each day during the week	circle	50x		25x		
Complete the posted weekly challenge (Will be posted on Saturday 8/10)						
<i>Completing the challenge is worth 10 additional points</i>						
Week 6 scores						
Don't forget to email your scores in to go up on the score board!						
fitnesschallenge@ichibankaratestudio.com						