

Ichiban 2019 Summer Fitness Challenge							
Ninja & Dragon Summer Challenge							
<b>Personal Goals for your summer training:</b>							
<b>This week:</b>							
<b>Goal at the end of the challenge:</b>							
<b>Week #6: August 9th - August 14th</b>							
<b>Check off each category below</b>	F	S	Su	M	T	W	Th
Attend class (4pts)							
Practice at home and post a picture or video (2pts)							
Practice your round kick (Sensei's will show in class!) (2pts) - every time you practice							
Do something active with you family and share it (5pts)							
Do something kind to help someone at home, or karate (2pts)							
<b>Weekly Challenge</b>							
Complete the posted weekly challenge (Will be posted on Saturday 8/10)							
<i>Completing the challenge is worth 10 additional points</i>							
<b>Week 6 scores</b>							
Don't forget to email your scores in to go up on the score board!							
fitnesschallenge@ichibankaratestudio.com							