

Ichiban 2019 Summer Fitness Challenge							
Jr. Black Belt Karate & Fitness Score Card & Check List							
Personal Goals for your summer fitness:							
This week:							
Goal at the end of the challenge:							
Week #6 August 10th - August 15th							
Check off each category below	S	Su	M	T	W	Th	F
Practice Karate 15 minutes before or after class (1pts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attend a karate class (4pts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Complete a workout and post a picture or video (2pts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participate in an Ichiban Fitness Class (3pts per class)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Run/walk a 5k in Ichiban gear (5 pts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kata/ Kumite challenge - fine tune a kata or kumite 50x (25pts) / 25x (10pts)							
1. _____	circle: 25x 50x						
Do something active with you family and share it (5pts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something kind to help someone at home, or karate (2pts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEKLY CHALLENGE BELOW							
Complete the posted weekly challenge (Will be posted on Saturday 810)							
<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							