

Ichiban 2019 Summer Fitness Challenge							
Adult Fitness and Karate Score Card & Check List							
Personal Goals for your summer fitness:							
This week:							
Goal at the end of the challenge:							
Week #6 August 10th - August 14th							
Check off each category below	S	Su	M	T	W	Th	F
Practice Karate 15 minutes before or after class (1pts)							
Attend a karate class (4pts)							
Participate in any Ichiban Fitness Class (3pts)							
Complete a workout and post a picture or video (2pts)							
Participate in a road race & post in Ichiban gear (5pts)							
Kata/ Kumite challenge - fine tune a kata or kumite 50x (25pts) / 25x (10pts)							
1. _____	circle one	25x	50x				
record how many you complete each day during the week							
Complete the posted weekly challenge (Will be posted on Saturday)							
<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@ichibankaratstudio.com							