

Healthy Habits

Each time you choose healthy habits for foods, rest and exercise without being asked, you and your parents write down what you did instead of the bad habit, and initial and date the blocks. Bring your card to class when you have the full page completed, you will receive a Healthy Habits stripe (4th one from the end of the belt).

Student Name: _____

1	2	3	4	5
6	7	8	9	10

Instructor Signature/Date: _____

Parent Signature/Date: _____

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www.KingTigerMartialArts.com

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