



THEME: GOALS

Student's Name: _____

Belt Color: _____

Today's Date: _____

How many times have you practiced your form this session at home?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37+

What are GOALS?

- A goal is something you are willing to work on.
- Goals are dreams with a deadline. Whatever your goals are, write them down so you know how and when you will accomplish them.

What are some examples of Goals?

- At Home: Striving to keep your room clean.
- At School: Getting better grades and listening to the teacher.
- At Taekwondo: A goal is a target, something you strive for, like getting your black belt or kicking a target high above your head.

My GOALS for this session are:

At home:

| Week 1 | Week 2 | Week 3 |
|--------|--------|--------|
| | | |

At school:

| Week 1 | Week 2 | Week 3 |
|--------|--------|--------|
| | | |

At Taekwondo:

| Week 1 | Week 2 | Week 3 |
|--------|--------|--------|
| | | |

I understand attitude and have achieved my personal goals for this session.

Student: _____

Parent: _____ **Date:** _____