

Name : _____

Warm up project (10 reps every class) :

Standing: _____

Grounded: : _____

Sparring Goals:

Do's:

Don'ts:

Notes:

Optional Physical Goals Test/Retest

Strength:

Flexibility:

Endurance:

End of month:

What did I do well this month?

Where was my performance weakest this month?

What can I do to improve?