

# ACTION KARATE

## STUDENT PROGRESS & GOALS UPDATE

For adult Orange Belts



Name \_\_\_\_\_ E-Mail \_\_\_\_\_ Age \_\_\_\_\_

Please complete and return to your instructor for your next exam.

1. In what ways has Action Karate helped you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. In what ways could we be more helpful? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What is the best thing you have learned at Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What do you find interesting about the lessons at Action Karate? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Do you have any topics that would make interesting lessons of the week? \_\_\_\_\_  
\_\_\_\_\_

Please refer to your previous goals update and answer:

1. What goals did you achieve? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What, if any, goals did you fall short on? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Why do you think this happened? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Countless studies show that the very act of writing down your goals is a very powerful force towards their accomplishment. Please write four goals below with your target date for their accomplishment. Your goals should include one training goal, one personal goal and one career goal.

GOAL	WHY	TARGET DATE
1. _____		
2. _____		
3. _____		
4. _____		

What steps are you will to take to achieve your long term goals?