



The Future of Fitness

Adult Self-Discipline Sheet

"A Journey of a thousand miles begins with a single step!"

— Lao Tzu

Record an act that required self-discipline and helped you take a step toward a goal. This goal may relate to Tae Kwon Do, your personal or professional life, or pertain to your health. Please choose one goal per 10 lined section and use this sheet to help track your progress. When you have completed these 10 steps toward your goal, bring in this sheet and earn your Life Skills Stripe. Complete the entire sheet and receive a Discipline Award at the next Red Carpet night.

Student Name: _____ Rank: _____

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Instructor's Signature / Date

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

Instructor's Signature / Date

1 _____	6 _____
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