

8 Weeks to Excellence

Or what I did over my summer vacation to make myself a better person.



Martial Arts Life Skills Journal
Summer Notebook

WEEK THREE

AOF's

Acts of Fitness

Each day for one week you must take the time to do:
30 Jumping Jacks, 15 tiger pushups, 15 cat situps and 10 burpees

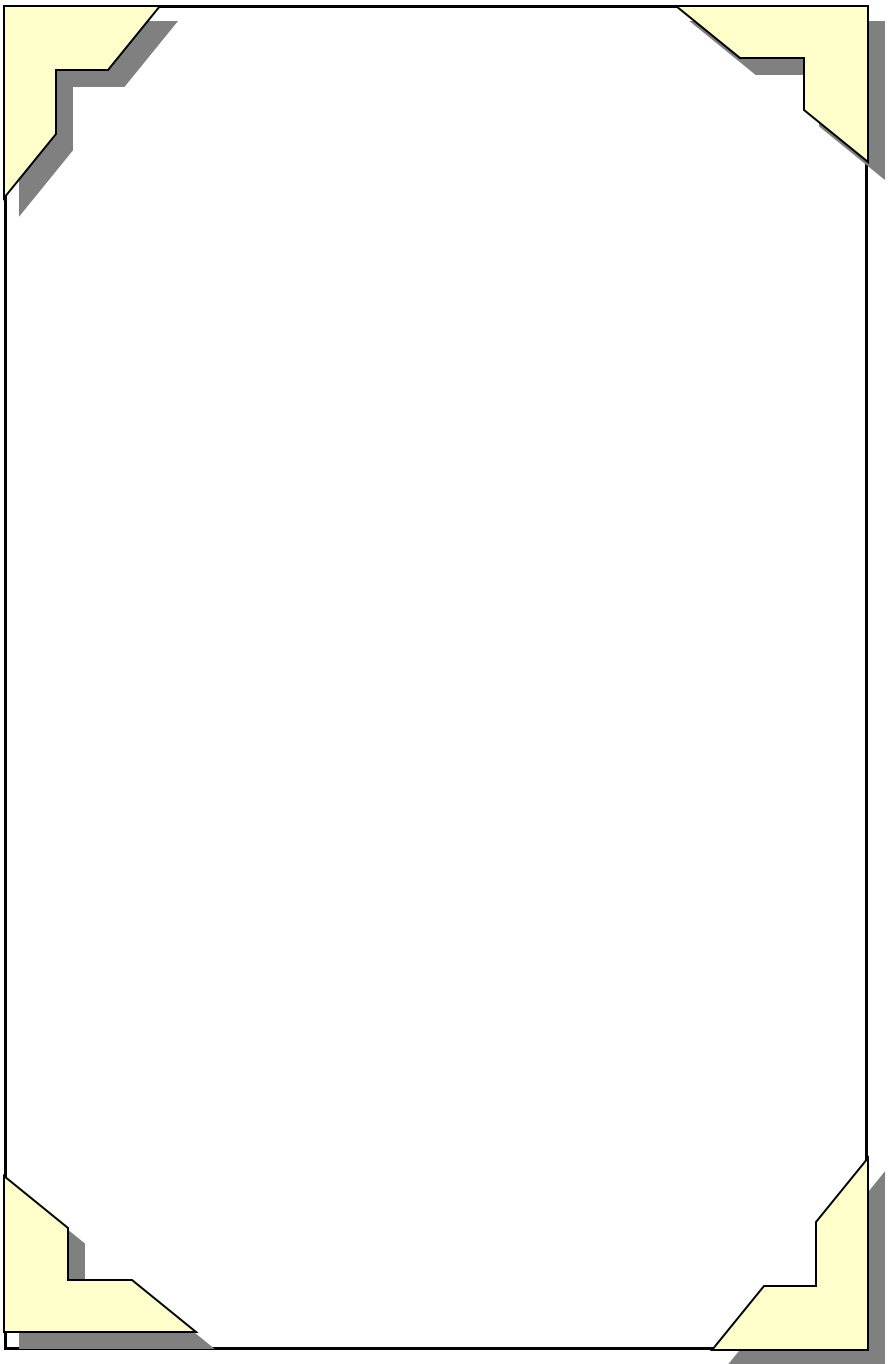
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

WEEK FOUR

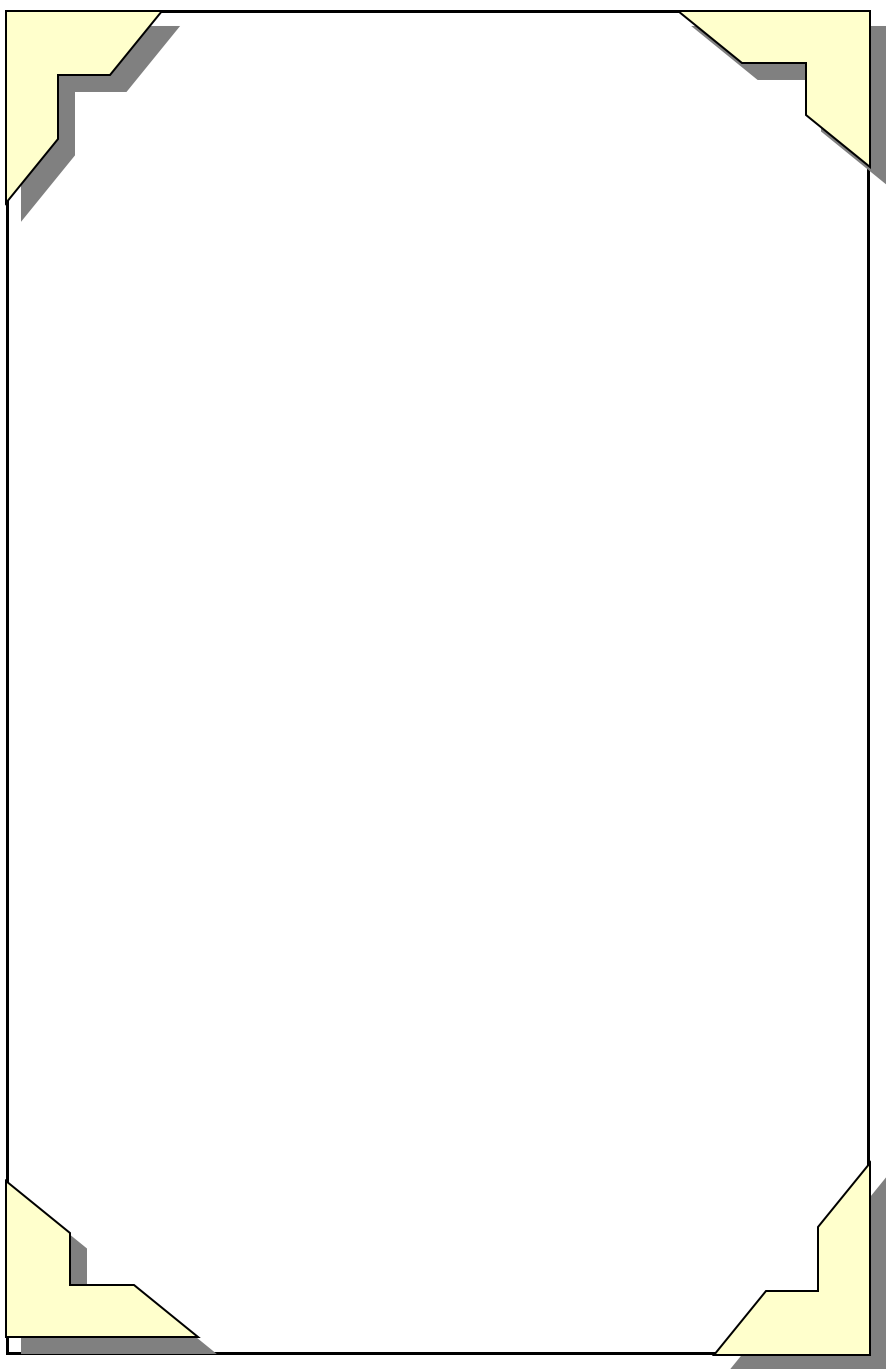
Record Your Life

Making a daily journal: Each day for one week draw a picture of something that you did that day.

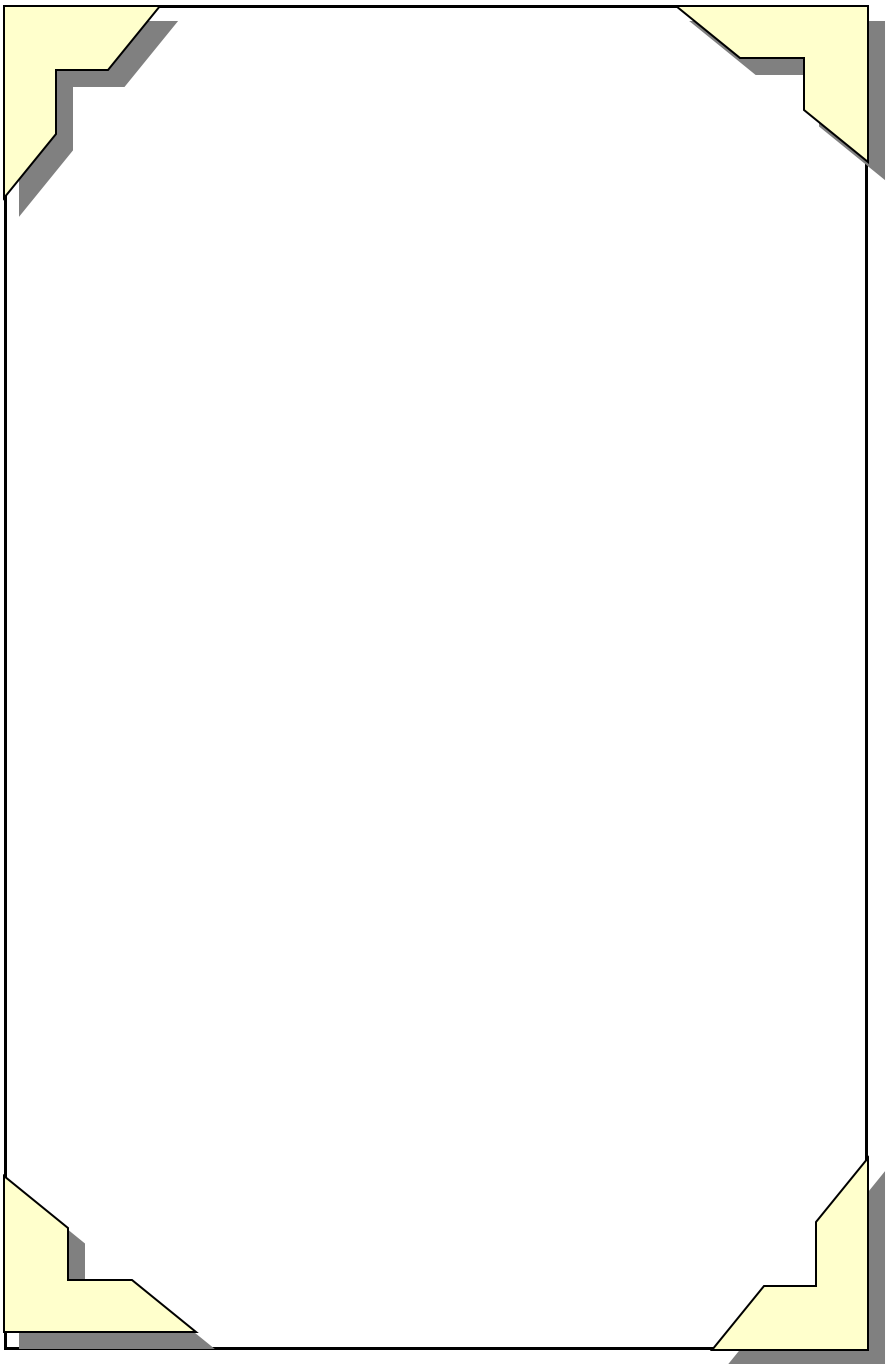
Day #1



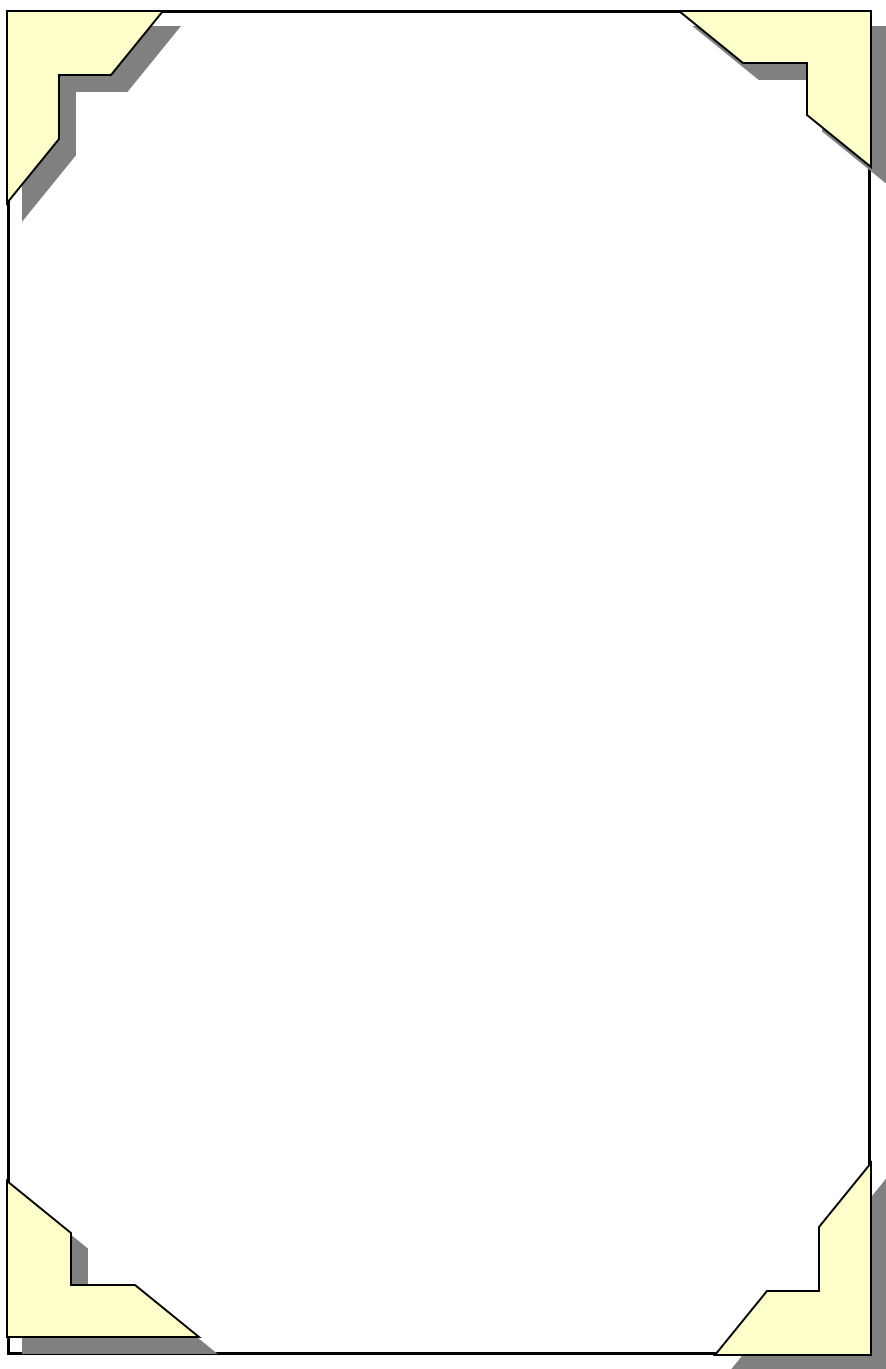
Day #2



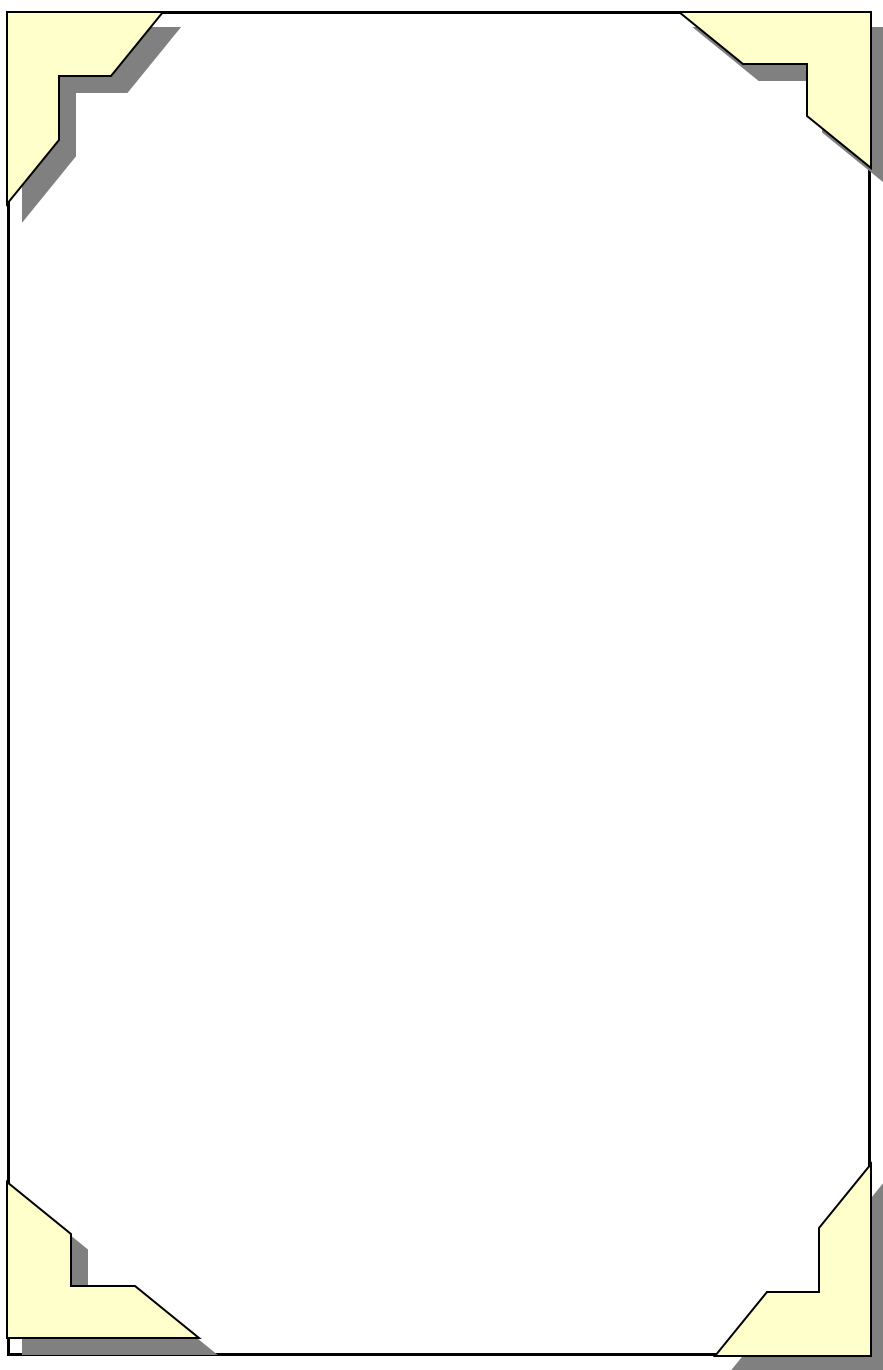
Day #3



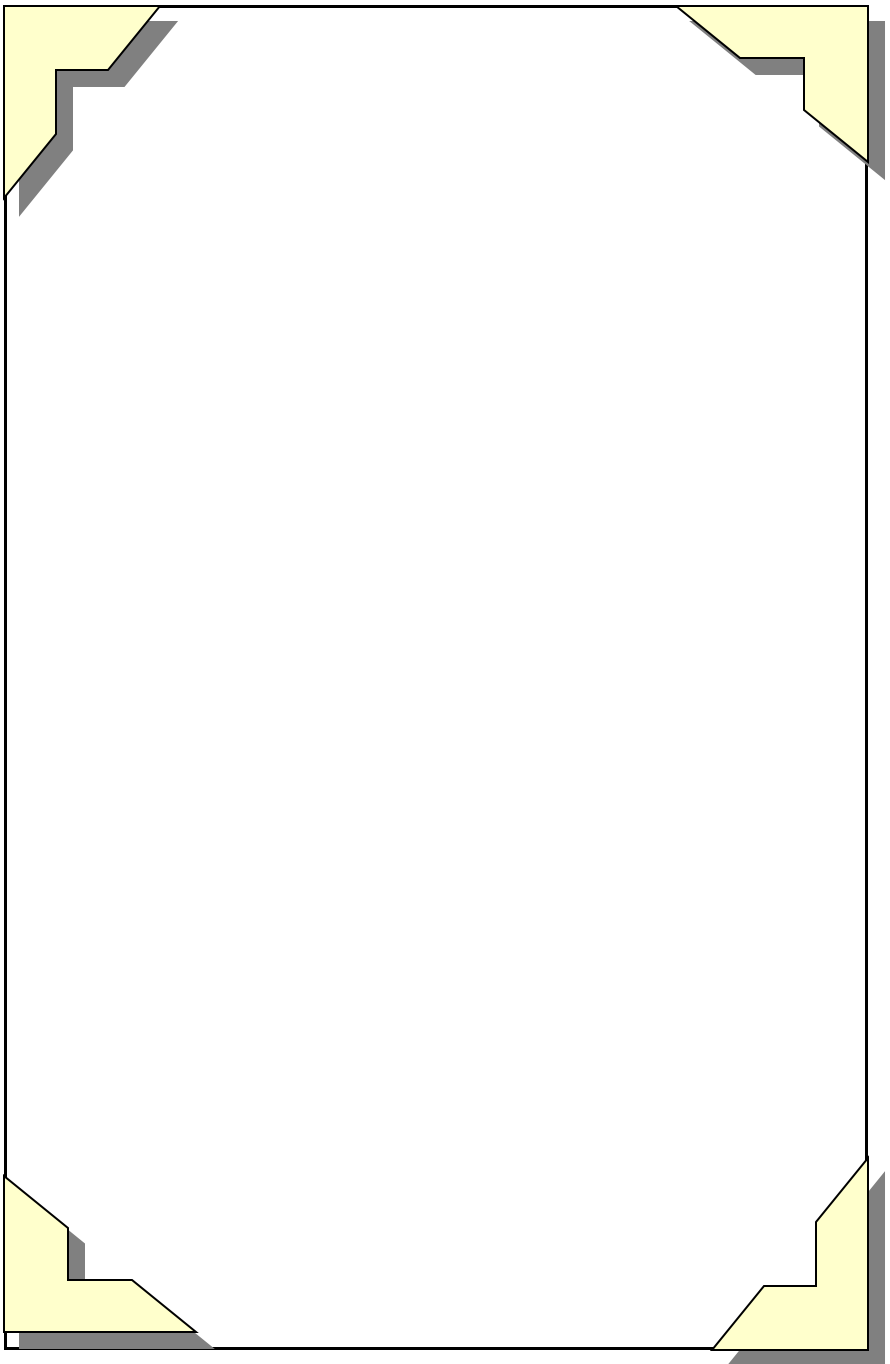
Day #4



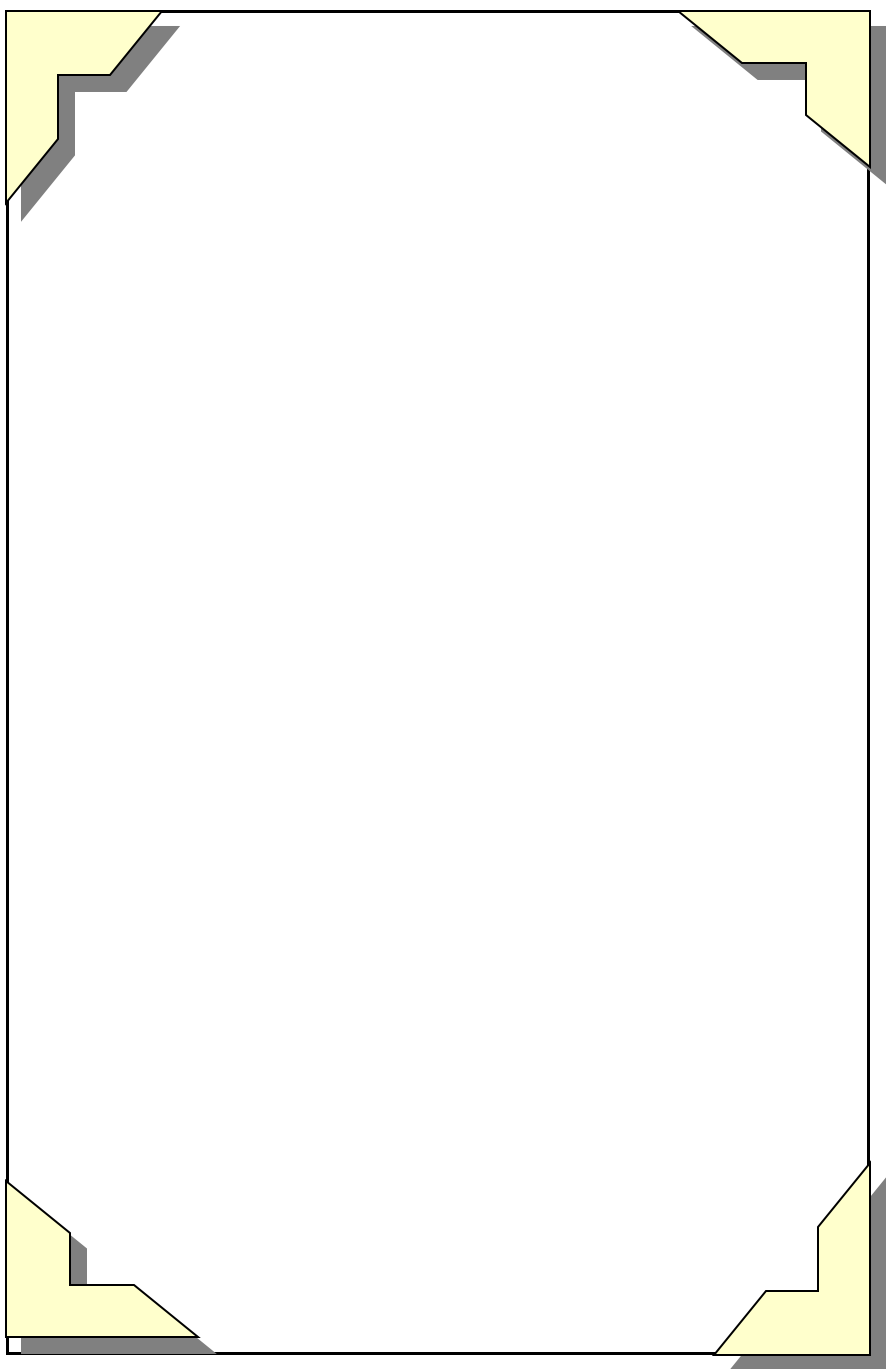
Day #5



Day #6



Day #7



WEEK FIVE

Habits: Turn off the TV and Video Games!

Go one week without playing video games or watching television.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

WEEK SIX

Eat to Win

You are what you eat.

DO eat: Fruit and Vegetables, 3 meals a day, healthy foods.

DO NOT eat: Food with high fructose corn syrup.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

WEEK SEVEN

Read a Book

Each day for one week read a different book with a parent or older sibling.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

WEEK EIGHT

Be a Mentor

Find someone to play with or have fun with, for at least a 20 minutes, who may be a little younger than you, be patient and kind.



Draw a picture of the person you mentored



Draw a picture of what you did