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 ONE

AOK's

20 Acts of Kindness

Examples: Clean your brother's or sister's room. Clean up the yard without being asked. Say something nice about a family member. Invite someone to be part of a game. Share.

WEEK TWO

AOD's

20 Acts of Discipline

Examples: Exerting self-control over your actions and behavior. Doing chores without prompting. Eating healthy. Making positive choices about what you eat (fruits, veggies, water vs. soda, candy, deserts). Following house rules without reminders. Turn off TV and do a sport or activity.

WEEK THREE

AOF's

Acts of Fitness

Each day for one week you must take the time to do 100 Jumping Jacks, 50 pushups, 50 situps, and 25 burpees.

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Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

WEEK FOUR

Record Your Life

Make a daily journal of what you did each day for one week.
(Younger students may journal by drawing pictures)

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

Get Ready for School

Each day for one week review something that you did in school last year. Examples: Reading, Math Facts, Writing, Read a Biography.

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 half an hour, who may be a little younger than you, be patient and kind.

Who did I mentor?

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_____

_____

What did we do?

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