

Name _____ Belt _____

SELF IMPROVEMENT

What definition in the dictionary describes Self Improvement? _____

What do you think Self Improvement is? _____

What part of your taekwondo training would you like to improve? _____

Name one (1) way to improve your body & name one way to improve your mind:

BODY _____

MIND _____

What is something that you have improved about yourself in the past year?

EDUCATION

Write down your age: _____

If you are 7 or 8:

On a separate sheet of paper, write your name, phone number, the color belt that you have earned and the name of your form.

If you are 9 and up:

On a separate sheet of paper, write your name, phone number, full address, the color belt you have earned, the name of your form and the number of moves in your form.

EXERCISE

List five (5) ways exercising can improve a person:

1. _____
2. _____
3. _____
4. _____
5. _____

List five (5) different exercises: _____

Which is your favorite exercise? _____

Do this exercise ten (10) times for your parents.

Parents, if the exercise is done correctly sign here: _____

NUTRITION

“You are what you eat.”

What does “you are what you eat” mean? _____

List ten (10) healthy foods: _____

How can eating the right foods improve a person’s life? _____
