

Month of: _____

Monthly Karate Practice Sheet

We measure the things we are serious about improving. Use this sheet to keep track of your progress as you practice. Set your goals, and then check off each time you practice one of the items outside of regular class-time. Plan a small reward if you meet your daily, weekly or monthly goals! There are also blank spots included. Fill them in with shobu, push-ups, stretching, additional kata and whatever else you wish to improve - and it doesn't need to be karate. Please make lots of photocopies of this sheet so you can use it for years to come!

Day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Basics																
Pinan 1																
Pinan 2																
Seisan																
Seiunchin																
Naihanchi																
Wansu																

Day:	17	18	19	20	21	22	23	24	25	26	27	28	29	30	(31)
Basics															
Pinan 1															
Pinan 2															
Seisan															
Seiunchin															
Naihanchi															
Wansu															

Weekly Goal: _____ **Weekly Reward:** _____