

THEME: GOALS



Student's Name: _____

Belt Color/Rank: _____

Today's Date: _____

How many times have you practiced your Songahm #3 form and one-steps this session?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40+

What are GOALS?

- Goals are targets that you achieve through work.
- To achieve a goal, you must first define where you want to go and then make up your mind to get there.

What are some examples of GOALS?

- At home: Learn to use the washing machine so I can wash my uniform by myself.
- At school: Improve one letter grade on my weekly spelling test.
- At Tae Kwon Do: Compete at an ATA tournament this session.

My GOALS for this session are:

At home:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

At school:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

At Tae Kwon Do:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

I understand goals and have achieved my personal goals for this session.

Student: _____ Parent: _____