



*Creating Tomorrow's Leaders... One Black Belt At A Time!*

# Practice at Home Sheet

Student's Name \_\_\_\_\_

Date \_\_\_\_\_

This sheet is designed to reinforce good practice habits in your child when he/she is at home. Each time your child performs 10 minutes or more of home practice please write down the date, what they practiced, how much time, and sign beside it. At the end of each week your child should bring the sheet to his/her instructor. Your child will receive a **High Five Award** for every 5 days of practice. 5 High Five Awards can be turned in to receive a Blue Star for his/her Victory Patch.

Date	What Was Practiced	Time	Adult Signature

**THANK YOU TO THE PARENTS, FAMILY, AND FRIENDS FOR HELPING US TO REINFORCE THE IMPORTANCE OF PERSEVERANCE AND INTEGRITY.**

