



# HEALTH AND FITNESS STRIPE

STUDENT NAME: \_\_\_\_\_

THE FOLLOWING JOB LIST IS TO BE COMPLETED BETWEEN BELT TESTING EVENTS AND MUST BE HANDED IN DURING THE 5TH WEEK (STRIPE WEEK) TO RECEIVE YOUR PERSONAL ACHIEVEMENT STRIPE AND TO BE ELIGIBLE FOR RANK PROMOTION. BEGINNER BELTS NEED A MINIMUM OF 1 STRIPE. INTERMEDIATES NEED A MINIMUM OF 2 STRIPES, AND ADVANCED STUDENTS NEED A MINIMUM OF 3 PERSONAL ACHIEVEMENT STRIPES.

WEEK 1	SU	M	T	W	R	F	SA
Exercise - jumping jacks, mountain climbers, crunches							
Eat 3 healthy meals (breakfast, lunch, dinner)							
Healthy snacks (fruit, vegetable, juice, water)							
Turn off the TV for a night and read a book							
Be active (ride bike, walk the dog, go to the park...)							

WEEK 2	SU	M	T	W	R	F	SA
Exercise - jumping jacks, mountain climbers, crunches							
Eat 3 healthy meals (breakfast, lunch, dinner)							
Healthy snacks (fruit, vegetable, juice, water)							
Turn off the TV for a night and read a book							
Be active (ride bike, walk the dog, go to the park...)							

WEEK 3	SU	M	T	W	R	F	SA
Exercise - jumping jacks, mountain climbers, crunches							
Eat 3 healthy meals (breakfast, lunch, dinner)							
Healthy snacks (fruit, vegetable, juice, water)							
Turn off the TV for a night and read a book							
Be active (ride bike, walk the dog, go to the park...)							

WEEK 4	SU	M	T	W	R	F	SA
Exercise - jumping jacks, mountain climbers, crunches							
Eat 3 healthy meals (breakfast, lunch, dinner)							
Healthy snacks (fruit, vegetable, juice, water)							
Turn off the TV for a night and read a book							
Be active (ride bike, walk the dog, go to the park...)							

X = TASK COMPLETED

O = TASK NOT COMPLETED

N/A = NOT APPLICABLE



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