

Conditioning Worksheet Student name: _____ **Sign off signature:** _____ **Current Belt Rank:** _____

Directions: For each day complete at least 2 exercises. The suggested # to do is below. It is important that you do the exercises safely and correctly- not quickly. When you have completed 30 days of exercises have a parent or witness (if you are over 18) sign this sheet. Bring this form to the front desk for a special notation on your belt.

Day 1 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 2 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 3 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 4 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 5 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 6 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running
Day 7 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 8 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 9 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 10 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 11 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 12 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running
Day 13 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 14 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 15 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 16 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 17 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 18 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running
Day 19 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 20 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 21 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 22 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 23 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 24 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running
Day 25 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 26 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 27 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 28 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 29 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running	Day 30 <input type="checkbox"/> Pushups <input type="checkbox"/> Crunches <input type="checkbox"/> Sq kick /B kicks <input type="checkbox"/> Running

Belt	Pushups	Crunches	Squat kicks / Balance kicks
White	10	20	10 / 15
Orange	15	20	15 / 15
Gold	20	40	20 / 20
Green	25	40	25 / 20
Purple	30	60	30 / 25
Blue	35	60	35 / 25
Blue 1	40	80	40 / 50
Brown	45	80	45 / 50
Brown 1	50	90	50 / 75
Red	55	90	55 / 75
Red 1	60	100	60 / 75
Red black	65	125	65 / 100
Have you been running? Log it!			

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