

Please complete and return to your instructor for your next exam.

Name:	Age:	
Phone:	Date:	
1. Why did you originally enroll in martial arts?		
2. What do you find interesting about lessons?		
3. What do you like best about classes?		
4. In what ways has our program helped you so far?		
5. What is your long term goal with our program?		
6. What steps are you willing to take to reach your long-term goals?		
7. Countless studies show that the very act of writing down your goals is very powerful force towards the accomplishment. Please write five goals below with your deadline for their accomplishment		
GOAL	DEADLINE	WHY
1.		
2.		
3.		
4.		
5.		