

# LIFE PERFORMANCE GOAL FORMATION FORM



**NAME:** \_\_\_\_\_

Life Performance is the way to receive the black stripe on your current belt. The Back Stripe gives you permission to test for belt once you have all the other stripes. And, while you may complete your life goals at anytime throughout the module, you may not test for your next belt until you have received permission!

Parents: What are some areas that you would like to see improvement?  
List them here:

--

From those areas, develop up to 2 short, attainable, goals. The children will have. 6 months to complete these goals before their next rank.

**GOAL  
1**

--

**GOAL  
2**

--

Once these goals are completed, sign below:

**SIGNATURE 1**

--

**SIGNATURE 2**

--

Finally, turn this completed form into your instructor to receive your Black Stripe.

**GREAT JOB!  
TRAIN HARD**



**REMEMBER:  
FIGHT SMART!**