Dynamic Martial Arts

Student Homework Assignment

THIS ASSIGNMENT MUST BE COMPLETED AND SUBMITTED TO YOUR INSTRUCTOR ONE WEEK PRIOR TO YOUR BELT EXAM.

Student Name: _____ ***Today's Date***: _____

HEALTHY EATING

*Each time that you choose healthy food over sugary snacks **without being asked**, write down what you chose to eat instead of what you wanted to eat. Once you have filled this sheet with healthy choices, turn it in to your instructor!*

I CHOSE	*INSTEAD OF*	*DATE*

Parent Signature: _____ Date: _____

Instructor Signature: _____ Date: _____