

# DENHAM SPRINGS ATA MARTIAL ARTS



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## PRACTICE AT HOME SHEET

Student's Name: \_\_\_\_\_

Date: \_\_\_\_\_

This sheet is designed to reinforce good practice habits in your child when he/she is at home. Each time your child performs a 10 minutes or more of home practice, write down the date, what they practiced, how much time and sign beside it. At the end of each week, your child should bring the sheet to his/her instructor. Your child will receive a **Blue Chip** for every 5 days of practice, 5 Blue Chips can be turned in to receive a **BLUE STAR** for his/her **Victory Patch**.

DATE	WHAT DID THEY PRACTICE	TIME	ADULT SIGNATURE

**P.S. PLEASE REMEMBER THAT PRACTICE DOES NOT MAKE PERFECT, PERFECT PRACTICE MAKES PERFECT.**

