



SILVER ASSISTANT INSTRUCTOR STAR

For students to review for their Black Belt, we recommend that they help train underclassmen in their Quest 2-3 classes per week. Students have 6 weeks to train a minimum of 12 classes. Once completed, return this form to your Instructor and earn your Silver Star.

Week 1 (September 5 – September 10):

M	T	W	R	S	Total
___	___	___	___	___	= ___

Week 2 (September 12 – September 17):

M	T	W	R	S	Total
___	___	___	___	___	= ___

Week 3 (September 19 – September 24):

M	T	W	R	S	Total
___	___	___	___	___	= ___

Week 4 (September 26 – October 1):

M	T	W	R	S	Total
___	___	___	___	___	= ___

Week 5 (October 3 – October 8):

M	T	W	R	S	Total
___	___	___	___	___	= ___

Week 6 (October 10 – October 15):

M	T	W	R	S	Total
___	___	___	___	___	= ___

Remember: All Master's Club students must have earned at least one color of each star in order to be eligible to test for their Black Belt, so don't wait to get them done!