

Academy of World Champion Nestor Folta



**Traditional Karate
Uechi Ryu**

Name: _____

AWCNF www.geniuspoints.com

Total Personal Development Goals

**Headquarters
Oak Marr
Cub Run
South Run**

Month: _____

Personal

Specific activity I will do: _____

Weekdays & Scheduled Start Time: _____ How many minutes each day: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Karate

Specific activity I will do: _____

Weekdays & Scheduled Start Time: _____ How many minutes each day: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	