

READING CHALLENGE — ATTITUDE STRIPE SHEET

READING CHALLENGE

Building Discipline Through Knowledge

Name: _____
Last Name: _____
Age: _____
Rank: _____

Read at home for 15–20 minutes per session. Log each session below. Young readers may read with a parent/guardian. Complete 5 sessions per section to earn an attitude stripe. This sheet is worth 3 stripes.

STRIPE 1 — 5 Reading Sessions (15–20 min each)

#	TIME	WHAT I READ	DATE	PARENT ✓
1	_____ min	Title / What I Read:	Date:	☐
2	_____ min	Title / What I Read:	Date:	☐
3	_____ min	Title / What I Read:	Date:	☐
4	_____ min	Title / What I Read:	Date:	☐
5	_____ min	Title / What I Read:	Date:	☐

Complete this section to earn your Attitude Stripe!

Parent/Guardian Signature: _____
Date: _____

Instructor Signature: _____
Date: _____

STRIPE 2 — 5 More Reading Sessions

#	TIME	WHAT I READ	DATE	PARENT ✓
6	_____ min	Title / What I Read:	Date:	☐
7	_____ min	Title / What I Read:	Date:	☐
8	_____ min	Title / What I Read:	Date:	☐
9	_____ min	Title / What I Read:	Date:	☐
10	_____ min	Title / What I Read:	Date:	☐

Complete this section to earn your 2nd Attitude Stripe!

Parent/Guardian Signature: _____
Date: _____

Instructor Signature: _____
Date: _____

STRIPE 3 — 5 Final Reading Sessions

#	TIME	WHAT I READ	DATE	PARENT ✓
11	_____ min	Title / What I Read:	Date:	☐
12	_____ min	Title / What I Read:	Date:	☐
13	_____ min	Title / What I Read:	Date:	☐
14	_____ min	Title / What I Read:	Date:	☐
15	_____ min	Title / What I Read:	Date:	☐

Complete this section to earn your 3rd Attitude Stripe!

Parent/Guardian Signature: _____

Date: _____

Instructor Signature: _____

Date: _____

SUGGESTED READING IDEAS

- ☐ Books about martial arts history or philosophy
- ☐ Biographies of athletes, leaders, or people who overcame adversity
- ☐ Books about goal setting, mindset, or personal development
- ☐ Health, nutrition, or fitness-related reading
- ☐ Any book, article, or audiobook that builds knowledge and vocabulary

Adults: business, leadership, and self-improvement books all count!