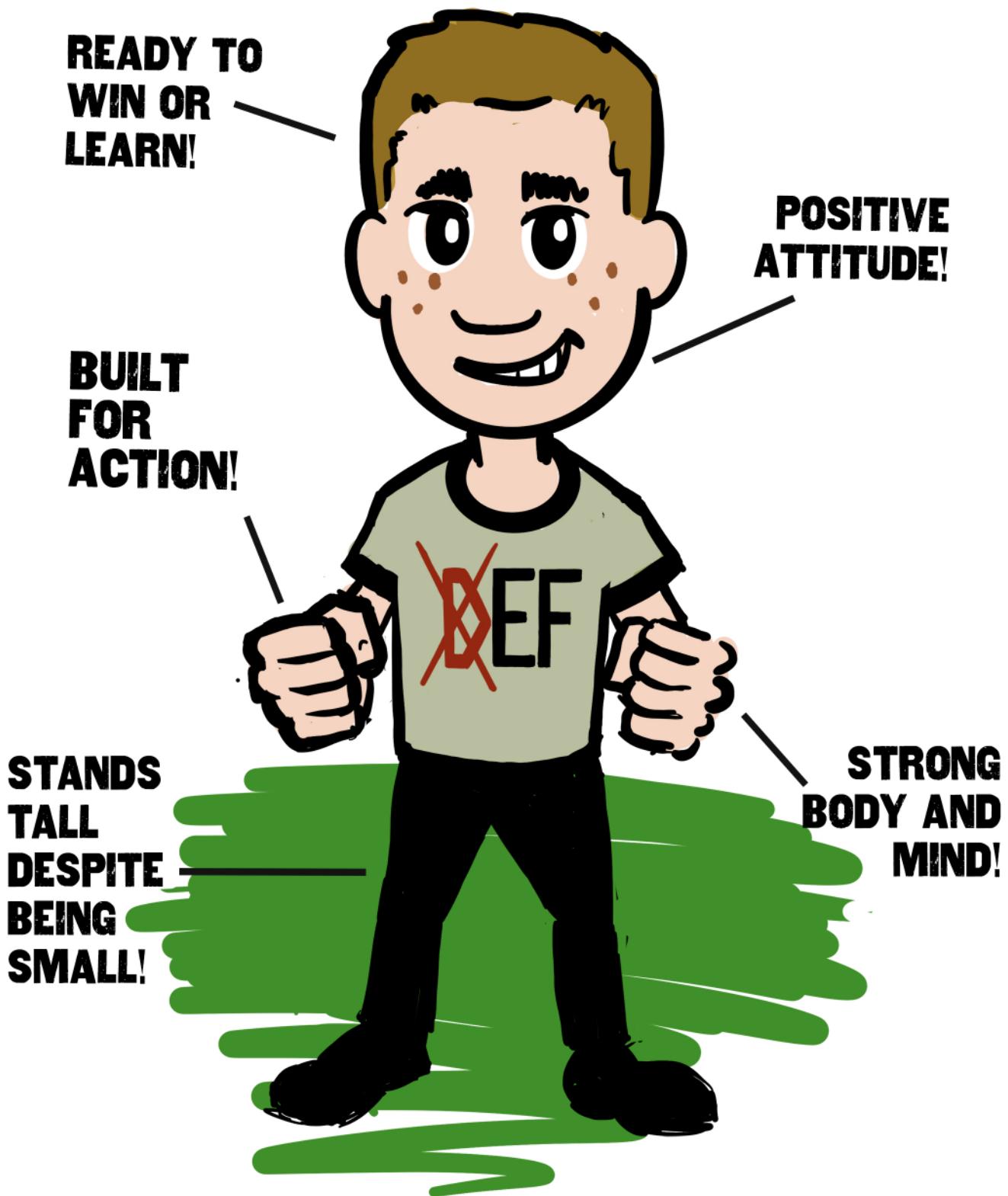


YOUNG UNCLE JAKE!



WAY OF THE WARRIOR KID 5

LETTERS FROM
UNCLE JAKE

WARRIOR KID DAILY OBJECTIVES

This program is intended as a fun way for Warrior Kids, with the help of their parents, to track their journey on The Path—to inspire them to try their best to be stronger, smarter, healthier and better!

Each objective is meant to help Warrior Kids think about their daily habits and how disciplined they are in pursuing the healthiest ones. Remember Warrior kids don't try to be perfect. They try to be their best. Accomplishing any of these objectives is a win—having fun, getting rest, and being fair to yourself is a MUST! After getting familiar with the below, start using the Warrior Kid Objective Tracker to track your daily and weekly progress on The Path!



GET AFTER IT

DID YOU WAKE UP EARLY?

Warrior kids Get AFTER IT and do their best to get a jump on the day by waking up early. Set a target hour to wake up at every day

MARK COMPLETE EACH DAY FOR GETTING UP (WITHOUT SNOOZE) AT THE TIME YOU HAVE DESIGNATED.



BUST 'EM!

DID YOU DO SOME TYPE OF PHYSICAL ACTIVITY?

Did you put your body to the test today? What type of physical activity do you enjoy that helps make you strong, fast and healthy?

MARK COMPLETE EACH DAY FOR COMPLETING A PHYSICAL ACTIVITY.



DO THE WORK

DID YOU TRY YOUR BEST TODAY?

We all know that Warrior Kids aren't afraid to work hard and do their best at the tasks before them. Did you make sure to try your best at something important today?

MARK COMPLETE EACH DAY IF YOU WORKED HARD TO DO YOUR BEST AT A TASK OR GOAL



FOLLOW YOUR CODE

ARE YOU FOLLOWING YOUR WARRIOR KID CODE?

Every Warrior Kid has a Code that they follow to keep them on The Path. Are you thinking about and following yours?

MARK COMPLETE EACH DAY THAT YOU CHECK YOUR CODE AND STAY ON THE PATH!



EAT HEALTHY

DID YOU EAT HEALTHY?

Your body needs the right fuel to operate at its best. Are you making sure you're eating and drinking the right things to be your strongest? Are you eating good foods or junk foods?

MARK COMPLETE EACH DAY YOU EAT SOMETHING HEALTHY AND AVOID JUNK!



OUTSIDE YOUR COMFORT ZONE

DID YOU GET OUTSIDE YOUR COMFORT ZONE?

Try and push yourself outside your comfort zone and take on activities that are new, or difficult so that you're always learning new skills and insights

MARK COMPLETE EACH DAY THAT YOU DO SOMETHING OUTSIDE YOUR COMFORT ZONE



STUDY & LEARN

DID YOU FOCUS ON LEARNING SOMETHING NEW TODAY?

We all know the brain is the most important "muscle" we have and the best way to keep our minds strong is by studying, reading and pushing ourselves to LEARN!

MARK COMPLETE EACH DAY YOU SPEND 30 MINUTES OR MORE READING, STUDYING, OR RESEARCHING



GRATITUDE

DID YOU REFLECT ON SOMETHING YOU'RE GRATEFUL FOR?

Did you know that in Way of the Warrior Kid 5: Letters from Uncle Jake, Marc adds "gratitude" to his Warrior Kid Code? It's important to be thankful for the things and people you have in your life.

MARK COMPLETE EACH DAY YOU TAKE TIME TO RECOGNIZE YOUR BLESSINGS AND SHOW GRATITUDE.



WARRIOR KID DAILY OBJECTIVE TRACKER

	M	T	W	T	F	S	S
 GET AFTER IT	<input type="checkbox"/>						
 BUST 'EM!	<input type="checkbox"/>						
 DO THE WORK	<input type="checkbox"/>						
 FOLLOW YOUR CODE	<input type="checkbox"/>						
 EAT HEALTHY	<input type="checkbox"/>						
 OUTSIDE YOUR COMFORT ZONE	<input type="checkbox"/>						
 STUDY & LEARN	<input type="checkbox"/>						
 GRATITUDE	<input type="checkbox"/>						
 EXTRA CREDIT: PULL-UPS	<input type="checkbox"/>						
DAILY TOTALS							

#WARRIOR KID TRACKER INSTRUCTIONS:

Use this tracker to track Your daily and weekly efforts. Did you accomplish an objective today? Mark the box! If you missed some objectives—no problem—just try your best tomorrow. Remember you're always on the path if you're trying your best! It's not about perfection it's about effort. EACH CHECKED BOX equals = 1 point. Tally up the number of marked boxes at the end of the day and then your daily scores at the end of the week for your weekly total. Try to increase your score every week if you can! Welcome to the path!

WEEKLY TOTAL: _____