



**INVICTUS**<sup>TM</sup>  
**MARTIAL ARTS**

The Invictus Achievement Stripe Progress Log helps instill healthy habits of continuous improvement and effort for leadership conduct\* in all areas of life:



1. Exercise self-control, self-respect, and self-discipline
2. Demonstrate a positive attitude
3. Respect the rights and feelings of others
4. Respect personal property and the property of others
5. Support the learning process
6. Adhere to rules and guidelines
7. Promote a safe environment



\*Based on Leander ISD "Standards of Student Conduct"

Name \_\_\_\_\_

Week of \_\_\_\_\_

Personal Care	Su	Mo	Tu	We	Th	Fr	Sa
I brushed my teeth (AM/PM)							
I cleaned up my room							
I picked up and put away my personal belongings							
I made my bed/put away my clothes							
Academics/Study	Su	Mo	Tu	We	Th	Fr	Sa
I completed my homework							
I worked hard and took pride in my effort today							
I remembered my... lunch / notes / books / etc							
I set out my clothes for tomorrow/school							
Family	Su	Mo	Tu	We	Th	Fr	Sa
I completed my household chores							
I practiced my martial arts (at least 10 min)							
I obeyed cheerfully and used my manners							
I treated my family with love and respect							

# ACHIEVEMENT STRIPE PROGRESS

## How To Use This...

Track and log your child's behavioral skill development with positive reinforcement to help them earn their Courtesy and Effort Stripes. The instructors at Invictus Martial Arts will award their stripes based on your assessment of their progress. Every stripe is mandatory to advance to the next belt rank.

## Courtesy Stripe

Awarded with parent/guardian approval and earned within first week of training; must be **maintained** to advance rank.

## Effort Stripe

Awarded with parent/guardian approval and earned within first month of training after advancement; must be **continuously earned** to advance rank.

\_\_\_\_\_  
*Parent/Guardian Signature*

\_\_\_\_\_  
*Reward*

The last line in each category is intentionally left blank for you to add your own

**Remember:** the focus is on good effort & progress

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