

WARRIOR30



TACTICAL GUIDE



CHOZEN MARTIAL ARTS ACADEMY

WARRIOR30 CHALLENGE TRACKER

INSTRUCTIONAL VIDEO

BE SURE TO WATCH THE INSTRUCTIONAL VIDEO FOR THE
WARRIOR30 CHALLENGE AND THIS TACTICAL GUIDE



https://www.youtube.com/watch?v=Q5AiWz9_jQA

WARRIOR30 CHALLENGE TRACKER

TRACK YOUR PROGRESS DAILY

START DATE:

END DATE:

	1	2	3	4	5	6	7*	8	9	10
MIND										
BODY										
SPIRIT										
SKILL TRAINING (2HR PER WK)										
WARRIOR MEETUP (1X PER WK)										

	11	12	13	14*	15	16	17	18	19	20
MIND										
BODY										
SPIRIT										
SKILL TRAINING (2HR PER WK)										
WARRIOR MEETUP (1X PER WK)										

	21*	22	23	24	25	26	27	28*	29	30
MIND										
BODY										
SPIRIT										
SKILL TRAINING (2HR PER WK)										
WARRIOR MEETUP (1X PER WK)										

*MODIFY YOUR CHALLENGE ACTIVITIES AS NECESSARY (TOO DIFFICULT? NOT DIFFICULT ENOUGH?)

PRE-CHALLENGE QUESTIONS

ANSWER THESE BEFORE BEGINNING THE CHALLENGE

HOW WILL YOU CHALLENGE YOUR MIND?

Identify one or more activities you can do to challenge yourself mentally every day. (E.g., read 10 pages; watch 20 minutes of a documentary; listen to 20 minutes of an audiobook)

HOW WILL YOU CHALLENGE YOUR BODY?

Identify one or more activities you can do to challenge yourself physically every day. (E.g., do 50 pushups; run 1 mile; eliminate sugar from your diet)

HOW WILL YOU CHALLENGE YOUR SPIRIT?

Identify one or more activities you can do to challenge yourself spiritually every day. (E.g., pray before bedtime; perform an act of kindness; spend 15 minutes in nature)

WHAT SKILL WILL YOU TRAIN FOR 2 HOURS PER WEEK?

Find a skill you'd like to get better at and dedicate at least 2 hours per week to it. If you live near Chozen Martial Arts Academy, you can train in martial arts at our school up to two times per week for FREE.

WHEN AND WHERE WILL YOU MEET WITH OTHER WARRIORS EVERY WEEK?

Get together with other Warrior30 participants to share your experiences and help each other.

CHOZEN MARTIAL ARTS ACADEMY

DAILY JOURNAL

START AND END EVERY DAY WITH THESE PROMPTS

MORNING

I am grateful for...

What would make today a great day?

What's a good affirmation for today?

EVENING

What were the highlights from today?

What did I learn today?

CHOZEN MARTIAL ARTS ACADEMY

POST-CHALLENGE QUESTIONS

ANSWER THESE AFTER COMPLETING THE CHALLENGE

WHAT WENT WELL?

WHAT DIDN'T GO AS WELL AS YOU WOULD HAVE LIKED?

WHAT DID YOU LEARN ABOUT YOURSELF?

WHAT DID YOU LEARN ABOUT OTHER PEOPLE?

WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

CHOZEN MARTIAL ARTS ACADEMY

ONSITE RESOURCES

TRAINING AND MEETUPS IN PERSON AT OUR SCHOOL

WEEKLY TRAINING

During the 30 days of our challenge you can learn martial arts skills at our training facility up to two times per week for FREE.

Chozen Martial Arts Academy

670 Arrow Hwy

La Verne CA 91750

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www.chozenmaa.com