

CHOZEN MARTIAL ARTS ACADEMY

FAMILY WARRIOR30 CHALLENGE TRACKER

INSTRUCTIONAL VIDEO

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



<https://www.chozenmaa.com/w30guidevid>

FAMILY 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)										
BONUS CHALLENGE										

	11	12	13	14*	15	16	17	18	19	20
MIND										
BODY										
SPIRIT										
SKILL TRAINING (2HR PER WK)										
BONUS CHALLENGE										

	21*	22	23	24	25	26	27	28*	29	30
MIND										
BODY										
SPIRIT										
SKILL TRAINING (2HR PER WK)										
BONUS CHALLENGE										

*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 MINDS?

Identify one or more activities your family can do daily to challenge yourselves mentally. (E.g., read 10 pages; watch 20 minutes of a documentary; listen to 20 minutes of an audiobook)

HOW WILL YOU CHALLENGE YOUR BODIES?

Identify one or more activities your family can do daily to challenge yourselves physically. (E.g., do 50 pushups; run 1 mile; eliminate sugar from your diet)

HOW WILL YOU CHALLENGE YOUR SPIRITS?

Identify one or more activities your family can do daily to challenge yourselves spiritually. (E.g., pray together before bedtime; perform acts of kindness; spend 15 minutes together in nature)

WHAT SKILL WILL YOUR FAMILY TRAIN FOR 2 HOURS PER WEEK?

Find a skill your family can do together and dedicate at least 2 hours per week to it. (E.g., learn to play a new board game; practice painting together.) 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 EACH OTHER?

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 train martial arts skills at our facility up to twice per week for FREE. Please check in to the front desk every time you come in and let them know you're participating in the Family Warrior30 Challenge.

Chozen Martial Arts Academy

670 Arrow Hwy

La Verne CA 91750

909-599-7511

www.chozenmaa.com