# GOALS: How Dreams Come True!

## The Martial Arts Training Diary for Kids!

Hard or Long-term Goal:

_____

_____

_____ Day Completed: _____

| Short Term Goal | Day Started | Day Completed |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |