Digital Dojo Weekly Tracker

Week of: _____ Name: _____

Stripe #: _____
Color: _____
Skill: _____

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Attendance:

Class #1:____ Class #3:____

Class #2:____ Class #4:____

Motto and / or Mat Chat:

Journal: _____

_____
_____
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Fitness:

Push-ups:_____ Sit-ups:_____

Squats:_____ 8 count body builders:_____

Way of the Warrior (book and / or podcast):

Participation (video post of performance, build a grapple dummy, BJJ Hero report, watching Jiu Jitsu matches and / or technique, extra practice, something new and creative, etc.):

Use the back of this sheet to record