

Student Name: _____

Please **Date & Check the Box** each time you Complete a Karate Class / Lesson/ Workout. Earn Class Credit with each Workout Logged, Train as often as you want. Class Credits count towards your next Karate Rank Level. The more times you workout, the more Class Credits you Earn! Additional information is available on Page 2, of this Training Log.

To access video lessons, visit our website (goldencraneNH.com), and Click on the 'Student Log In' Page for the youTube links.

Golden Crane - Student Monthly Training Log



MONTH: _____ **2022**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>	Workout/Exercise <input type="checkbox"/>
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____

For Students, ages 12 years & under, please have a parent or guardian initial this form. Thank you. Questions? Email goldencrane04@gmail.com

Parent (Guardian) Name: _____

Additional Notes:

We continue to explore and update our schedule with Training available Online (via Zoom & YouTube Videos), and IN-Person (Indoors, with limited class sizes, and Outdoors when weather permits), as well as Private Classes.

If you are new to the Golden Crane,

please sign up on our school website (goldencraneNH.com), in the 'Member Area'. This will allow you access to 'student only' information, and training videos.

'How to' sign up as a Member:

- Visit www.goldencranenh.com , and on the Main Menu, locate the "**Student Log In**" Button.
- Please follow the instructions to sign up as a New Member.
- A confirmation email will be sent to activate your membership. Once approved you will be able to access all videos at any time, as well as 'members only' information

Note: Training Videos-we have a library of 'classroom' videos available to you, where you can train along with the Instructors, at any time, and anywhere. This is a 'non-public' YouTube Channel, just for your benefit!

Golden Crane Monthly Workout Log - !!

Help us track your training! **Each month, log your workouts on your 'workout log sheet'** (this includes in-person & online classes, video training, and personal workouts at home (or at the gym).

It can be as simple as notating on the LOG: Indoor Class or Online Class or 1 hour workout at the Gym, or other such type of entry...

Completed Workout Logs should be emailed to the office, the 1st week of the new month, or may be dropped off in-person when attending class!

Special Note to Parents & Guardians: For Students, ages 12 years & under, please have a parent or guardian initial this form. Thank you. Questions? Email goldencrane04@gmail.com

Note: In addition to other elements, attendance #'s count towards Rank Goals. Youth and teen students, please have a parent or guardian sign the workout log prior to submitting the sheet to the office.

Questions? Please let us know. Thank you!