

Gracie[®] GAME DAY

CHAPTER 2: HEALTH

To love yourself is to take control of your health. The greatest gift you can give your family and the world is a healthy you.

STUDENT NAME:

PARENT SIGNATURE:

TOTAL POINTS:

TOTAL BONUS POINTS:

YOUR AGE X 100 = MINIMUM POINTS REQUIRED TO QUALIFY FOR GRACIE GAME DAY!

Physical Health

- Do 10 push-ups or 20 squats during a commercial break.
- Practice your techniques at home for 5 minutes.

Mental Health

- Read at least 10 pages in a book.
- Learn a new word and use it in a sentence.

Nutrition

- Try a new health food every chance you get.
- Eat or drink something healthy instead of soda or junk food.
- Say "No thank you" when offered junk food or soda.

Hygiene

- Wash your hands before you eat and after you use the restroom.
- Take a shower and brush your teeth everyday.

Service

- Teach an adult about health.
- Teach a child about health.

Each checked Gracie Triangle is worth 10 Game Day Points

Score **'YOUR AGE X 100'** Points to qualify for Gracie Game Day

Bonus Points = All points beyond your age points!

HOW TO EARN GAME DAY POINTS:

10 Points will be awarded to you if **someone has to tell you** to do it!

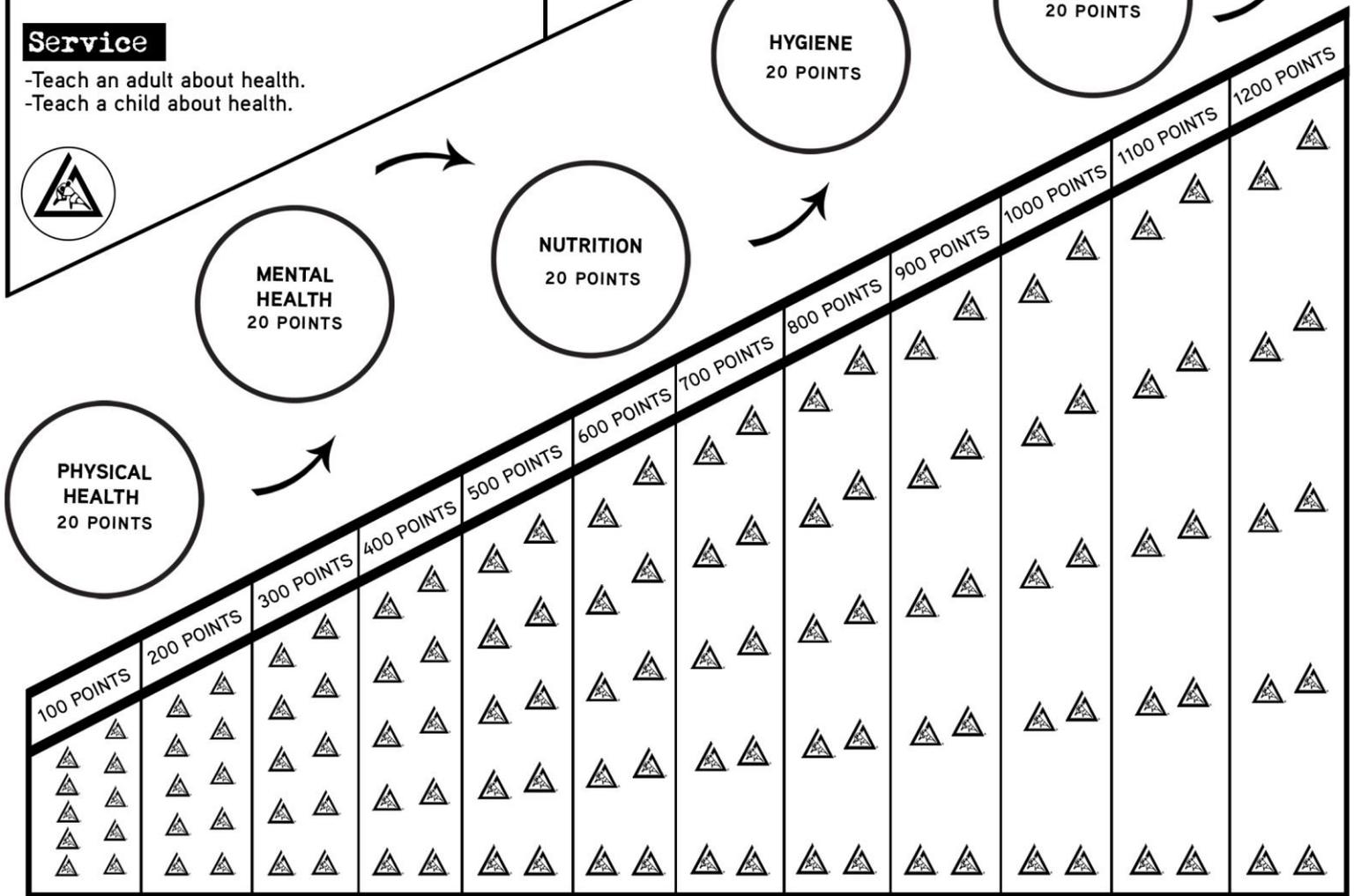
20 Points if you do something good **without being told!**

GRAND PRIZE

SPECIAL PRIZE AT GRACIE GAME DAY!

Any points you score beyond the minimum qualification amount (Your Age X 100 Points) are considered **Bonus Points**. If you score the most Bonus Points in the class, you will be **recognized in front of the entire group and qualify for a special prize at Gracie Game Day!**

GRACIE
GAME
DAY



Please continue tracking on a separate sheet of paper.

HOW IT WORKS

The greatest value in martial arts training is not in learning how to fight, but rather in developing the best of your character and sharing it with others. To ensure that your child cultivates the highest level of discipline, integrity, and honor on their jiu-jitsu journeys, we have implemented the Gracie Character Development Program. The 12-month program is comprised of six chapters. During each jiu-jitsu class we spend a few minutes discussing the featured character trait and point out the simple things they can do to "activate the trait" in their daily lives.

CHARACTER DEVELOPMENT CHAPTERS					
Responsibility Jan - Feb	Health Mar - Apr	Respect May-Jun	Citizenship Jul - Aug	Manners Sep - Oct	Caring Nov - Dec

Gracie Game Day!

Every two months, we host an ultra-fun party called Gracie Game Day to reward the kids who've shown significant progress in developing the featured character trait. If your child meets the Minimum Point Requirement (MPR = Student's age multiplied by 100), and attends Gracie Game Day, they will qualify to receive a special gi patch signifying their successful completion of the Character Development Chapter. We will send this patch to your house in the mail, so that you can sew it onto their gi! The best part about this program is that your child's patch eligibility is based entirely on your approval and verification of their at-home character development progress, so don't be surprised if your child is overly excited about making their bed and doing their chores!

Parent Point Tracking

Track your child's points on the other side of this sheet. Each time you cross out a triangle, it signifies 10 points. If your child surpasses the 1200-point mark, continue tracking their points on a separate sheet of paper. Obedience is critical. Anytime you ask your child to do something, and they obey you without any hassle, award them 10 points. The only thing better than an obedient child is one who behaves properly without being told. Any time your child completes one of the character development tasks on their own, award them 20 points. All points scored beyond the minimum qualification amount (AGE X 100) are considered bonus points. Add the regular points and the bonus points before turning in the tracking sheet at Gracie Game Day. The child who acquires the most bonus points will win be recognized at Gracie Game Day!

Success Tips

Every child is different, so it is very important that you work with your child to help them succeed. But, do not award points so easily that your child stops trying to earn them. The sample behaviors we give your child will help them understand the character trait, but you can reward them for things they do that are not on the list. Discuss the featured character trait with your child, and give them ideas on things they can do to earn points every day!

Collect All 6 Patches

Each time your child attends Gracie Game Day and reaches the Minimum Point Requirement, they will earn the corresponding Character Patch to be sewn on their gi as indicated below. Altogether there are six patches (one for each chapter), and each patch comes in four colors: white, bronze, silver, and gold, so that each time your child repeats a chapter they qualify to upgrade the patch color. Eventually, through hard work and dedication, your child will have the chance to earn gold patches in all six chapters of the Gracie Character Development Program!

