



I AM AN AWESOME TIGER

Keep track of your journey to being an Awesome Tiger

Write in the boxes whether it was a Live class or Online class you joined in with and then tick the day you took part. Once you have filled all the boxes, get your parent to take a photo of you with your sheet and put it on the Ady Jones Taekwondo Facebook page. Your name will go into a draw for a great prize.

Name:

Live Class / Online

M T W T F S S

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Parent / guardian signature

YOU ARE AWESOME