



The Future of Fitness

# BOOK CLUB SHEET

Name: \_\_\_\_\_ Rank: \_\_\_\_\_

To participate in our Reading Program:

- Read at home, or have someone read to you, for 20-30 minutes.
- Have your parents date one mark for each day and write notes on the back of what you have read.
- Bring your sheet to class when you have 10 marks, and you will receive an attitude stripe.
- Each student will receive a total of three stripes for completing this sheet.
- Upon receipt of your third stripe, this sheet will be collected and you will receive a Book Club Award at the next Red Carpet Night

**1.** \_\_\_\_\_ **2.** \_\_\_\_\_ **3.** \_\_\_\_\_ **4.** \_\_\_\_\_ **5.** \_\_\_\_\_ **6.** \_\_\_\_\_ **7.** \_\_\_\_\_ **8.** \_\_\_\_\_ **9.** \_\_\_\_\_ **10.** \_\_\_\_\_

Parent Sign/Date \_\_\_\_\_ Instructor Sign/Date \_\_\_\_\_

**1.** \_\_\_\_\_ **2.** \_\_\_\_\_ **3.** \_\_\_\_\_ **4.** \_\_\_\_\_ **5.** \_\_\_\_\_ **6.** \_\_\_\_\_ **7.** \_\_\_\_\_ **8.** \_\_\_\_\_ **9.** \_\_\_\_\_ **10.** \_\_\_\_\_

Parent Sign/Date \_\_\_\_\_ Instructor Sign/Date \_\_\_\_\_

**1.** \_\_\_\_\_ **2.** \_\_\_\_\_ **3.** \_\_\_\_\_ **4.** \_\_\_\_\_ **5.** \_\_\_\_\_ **6.** \_\_\_\_\_ **7.** \_\_\_\_\_ **8.** \_\_\_\_\_ **9.** \_\_\_\_\_ **10.** \_\_\_\_\_

Parent Sign/Date \_\_\_\_\_ Instructor Sign/Date \_\_\_\_\_

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## SUGGESTED READING

"What to Say When You Talk to Yourself"  
by Dr. Shad Helmstetter

"Body for Life"  
by Bill Phillips

"The 7 Habits of Highly Effective Teens"  
by Stephen R. Covey

"Unlimited Power"  
by Anthony Robbins

"The Psychology of Winning"  
by Dr. Dennis Waitley

"Power of Focus"  
by Mark V. Hensen, Jack Canfield, Les Hewitt

"The West Point Way of Leadership"  
by Col. Larry R. Donnithorne (Ret.)

"The Secret of Inner Strength: My Story"  
by Chuck Norris with Joe Hyams