



The Future of Fitness

# ADULT BOOK CLUB SHEET

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

To participate in our Reading Program:

- Read 3 books.
- List the Title and Author of your book and write some notes on what you learned from your book.
- Bring your sheet to class when you have read a book, and you will receive a Life Skills 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

Book Title _____	Author _____
Signature/Date _____	Instructor Sign/Date _____

Book Title _____	Author _____
Signature/Date _____	Instructor Sign/Date _____

Book Title _____	Author _____
Signature/Date _____	Instructor Sign/Date _____

## SUGGESTED READING

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

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

"The Psychology of Winning"  
by Dr. Dennis Waitley

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

"Body for Life"  
by Bill Phillips

"Unlimited Power"  
by Anthony Robbins

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

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