



What are two things you want to be a  
Champion at?

1

\_\_\_\_\_

2

\_\_\_\_\_



**N**ever give up **E**ncourage others **D**o your best<sup>®</sup>

This is how I practiced **Never Giving Up** this week:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is how I practiced **Encouraging Others** this week:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This is how I practiced **Doing My Best** this week:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_