

How To Earn Tickets



Come to Class
(5 Tickets)



Black Belt Challenges
(20 Tickets)

Come to Events
(10 Tickets)

Bring Siblings/Friends to Events
10 Tickets per Sibling/Friend

Reading/Academic Work/Chores
5 Tickets for Every 30 Minutes

Exercise
5 Tickets per 30 Minutes.
(Maximum 10 tickets per day)

Sleep
5 Tickets per night for minimum of 9 hours of sleep

Drink Water
5 Tickets per day of hitting the minimum water intake:
7 years and under = (Age x 8 ounces of water) ounces
8 years and older = 64 ounces

Volunteer
(10 Tickets for Every 30 Minutes)

Vegetables
5 Tickets per serving



Encourage Friend to do Intro Program
(100 tickets)