



Phoenix Krav Maga and Fitness
(623) 300-6114
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Phoenix, AZ 85086, USA
www.PhxKravFit.com/starter
(new student resource page)

I want _____

Because _____

On _____ By Holding myself to the "Krav Commandments"

And making my TEST day _____ (ask for next date)

Sign _____ Date _____

I will attend my classes on: _____ @ _____ and _____ @ _____

4 STEPS TO MAKING CLASSES STICK!

CHECK THIS VIDEO OUT TO HELP: www.PhxKravFit.com/Krav25-4steps

Cue/Obvious: How can you make class attendance visible?

Craving/Attractive: How can you love attending class?

Response/Easy: What can you do to make it easier to attend at least twice a week?

Reward/Satisfying: What can you OR we do to make it more fun?

KRAV COMMANDMENTS

- I. Schedule your classes each month in your calendar.
- II. Make your environment lead you to class.
- III. Never miss two weeks in a row, and ask for help after missing one.

TOOL CHECK LIST:

- ☐ NEXT CLASS: _____
- ☐ FIND YOUR STARTER EMAIL
- ☐ DOWNLOAD APP
- ☐ CHANGE/UPLOAD PROFILE PIC
- ☐ JOIN ANTHEM FIGHT CLUB FB PAGE
- ☐ JOIN LEVEL 1 FB PAGE

FIRST 10 CLASSES – Write date and check off – See us for a little prize!

- ☐ 1. _____ ☐ 2. _____ ☐ 3. _____ ☐ 4. _____ ☐ 5. _____
- ☐ 6. _____ ☐ 7. _____ ☐ 8. _____ ☐ 9. _____ ☐ 10. _____

FIRST 25 CLASSES – PRIZE WHEEL SPIN – See us to spin!

- ☐ 11. _____ ☐ 12. _____ ☐ 13. _____ ☐ 14. _____ ☐ 15. _____
- ☐ 16. _____ ☐ 17. _____ ☐ 18. _____ ☐ 19. _____ ☐ 20. _____
- ☐ 21. _____ ☐ 22. _____ ☐ 23. _____ ☐ 24. _____ ☐ 25. _____

Don't fear failure, fear being in the exact same place you are now in one month.

In three months, you're either going to have three months of lessons and successes, or three months of excuses.

Success is built on the days you don't feel like showing up, but do it anyway.