



IMAS Tiger Cubs Worksheet

Action	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters Oath (1 time)						
Forms (5 times)						
Applications (10 times)						
Positions (10 times)						
Strikes (25 times)						

Word of the week:

COMMITMENT

Can you COMMIT to the actions listed below?

Commitment	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keeping my hands clean						
Drink 1 cup of warm water a day						
Eat 1 vegetable a day						