

Ninja Warrior Girl Patch Program

Welcome to the journey towards becoming a Ninja Warrior Girl! Get excited as you work to build yourself up and strengthen your Mind, Body, and Soul towards a healthier you! Follow any 4 steps below to earn your Ninja Warrior Girl patch!

- ✿ Research and watch a ninja warrior episode. Find out what makes the competitors successful in completing the course.

- ✿ Try out a ninja park. If you don't have access to a ninja park near you than don't be afraid to create your own! Build an obstacle course in your backyard or nearest park. Get a timer and record your fastest time!

- ✿ Find out what athletes eat to fuel their bodies. Use the internet or talk with an athlete, such as a coach or older sibling.

After your research make a meal or snack to fuel your own body.



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✿ Practice Meditation. Learn how to reduce the stress in your life from family, friends and grades through simple meditations. Search for a youth focused guided meditation online or YouTube.

✿ Learn how to master your emotions by keeping a journal to record your daily feelings. Keep track of what you are feeling and any events or reasons for those feelings.

Congratulations!
You have now mastered the
Ninja Warrior Girl
award!



Click here to purchase your patches!!
MightyGirlsRock.com