



BLACK BELT KIDS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FAMILY						
Use Black Belt respect for my entire family						
Complete assigned chores						
HOME						
Make my bed						
Put personal belongings away						
Put dirty clothes in laundry						
Keep room tidy						
SCHOOL						
Complete homework						
Use Black Belt effort in class						
Use Black belt respect for teachers and classmates						
PERSONAL DEVELOPMENT						
Read or study outside of school						
Practice martial arts 15 minutes						

Name:

Week (circle one): 1 2 3 4

Parent Signature:

Parents: This list is a requirement for monthly belt stripes. We expect the completed list to be turned in on the first class of the week. Our goal is to help your child develop confidence and self discipline. Your help in this activity will help your child to feel good about themselves and proud of their accomplishments. Thank you.