

BEHAVIOR CHECKLIST

(The Family that Kicks together Sticks Together)

Month: _____ Year: _____

Name: _____ Age: _____

Daily jobs at Home for Martial Arts Students.
Martial Arts Students are *Always* the Best.

Belt: _____ Grade: _____

(Draw a ☯ or 😊 for completed jobs only)

Self Control Worksheet	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Clean My Room: Responsibilities																																
1. Make my bed.																																
2. Hang up my clothes.																																
3. Put away all personal belongings.																																
4.																																
5.																																
Care for myself: Self-confidence																																
1. Brush my teeth.																																
2. Take my bath & hang towels after bathing																																
3. Put all dirty clothes in the laundry																																
4. Pyramid nutrition diet																																
5.																																
Study / Practice: Character																																
1. Complete Homework.																																
2. Get an "A" on a Test																																
3. Basic Exercise - Stretching, running, Etc.																																
4. Practice Forms and Basics																																
5. ½ hour meditation - positive thinking																																
Cooperate w/ Family: Respect & Love																																
1. Cleanup after meals and snacks																																
2. Take out the trash																																
3. Listen to and respect parents																																
4. Share & cooperate w/ brothers & sisters																																
5. Proper language used																																
Score:																																

Extra Points: Help someone at least once a day, and explain w/ short sentence about what you've done

Total Score: