



Middleburg Martial Arts
2360 Blanding Blvd.
Middleburg, FL 32068
904-291-1335
MiddleburgMartialArts.com

BUILDING GOOD CHARACTER (4)

I am building good character by doing to following. (Check all boxes)

- I caught myself eating healthy foods.
- I caught myself volunteering to help when teachers or parents asked for volunteers.
- I caught myself not arguing with my parents when I was told I could not do something I wanted to do.
- I caught myself not interrupting my parents when they were talking.
- I caught myself picking up my litter or the litter of others that was left behind.
- I caught myself walking away and feeling good about it when someone tried to provoke me into a fight (physical or verbal).
- I caught myself at sporting events cheering for my team (or person) and not talking bad about the other team.
- I caught myself not talking bad about others behind their back.
- I caught myself not leaving the dinner table until I was excused.

Name

Parent Signature

Date

**Please complete each task two times.
Once completed, return form back to Middleburg Martial Arts.**