

Black Belt Excellence

To Do List

Character Building Sheet #6

CLEAN ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Make My Bed							
Put Belongings Away							
Put Clothes In Laundry							
Self-Care	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brush Teeth And Hair							
Take Shower/Bath							
Eat To WIN							
Black Belt Excellence	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Demonstrate Patience							
Demonstrate Positive Attitude							
Showed Respect For Teachers/Friends							
Family	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Complete Assigned Chores							
Treat Entire Family With Respect							
Help Family Members When Needed							
Self-Development	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practiced Martial Arts 15 Minutes Per Day							
Read 15 Minutes Per Day							
Perform One Random Act Of Kindness							

Parent Signature
