By completing the tasks on this list, you are showing how serious you are about Karate by practicing true self-discipline on a consistent basis.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Things To Do | Sun | Mon | Tues | Wed | Thu | Fri | Sat |
| I made my bed all by myself without being told. |  |  |  |  |  |  |  |
| I brushed my teeth all by myself. |  |  |  |  |  |  |  |
| I put my things back after I used them. |  |  |  |  |  |  |  |
| I put my dirty clothes where they belong. |  |  |  |  |  |  |  |
| I helped my parents by doing other chores around the house. |  |  |  |  |  |  |  |
| I did my homework after school. |  |  |  |  |  |  |  |
| I cleaned my room all by myself. |  |  |  |  |  |  |  |
| I treated my family with love and respect. |  |  |  |  |  |  |  |
| I practiced Karate at home in a safe manner. |  |  |  |  |  |  |  |
| I show awesome self-discipline every day! |  |  |  |  |  |  |  |