

Gulf Coast Kenpo Karate

Students Name _____

	Clean room		Self Care			School			Family		Self Development	
	Make my bed	Put personal belongings away	Brush Teeth	Take a bath/shower	Put dirty clothes in the laundry	Complete home work	Use Black Belt Effort in class	Use Black Belt respect for teachers and classmates	Complete assigned chores	Use Black Belt respect for entire family	Practice martial arts 15 mins daily	
Week 1												
Mon.												
Tues.												
Wed.												
Thurs.												
Fri.												
Sat.												
Week 2												
Mon.												
Tues.												
Wed.												
Thurs.												
Fri.												
Sat.												
Week 3												
Mon.												
Tues.												
Wed.												
Thurs.												
Fri.												
Sat.												
Week 4												
Mon.												
Tues.												
Wed.												
Thurs.												
Fri.												
Sat.												

Parents: This list is a stripe/belt requirement.
Help your child develop confidence and self discipline.
Turning in this completed list will help your child feel good about themselves and proud of their accomplishments

Parent's Signature _____