

Raberge's Leadership Martial Arts Honor Student Checklist

Name: _____

Parents: Please use this chart to monitor your child's outstanding accomplishments at home and at school. Their being responsible for specific tasks and completing them satisfactorily is an important element of your their martial arts training, and it will help them develop Black Belt excellence in all life's roles. Check off each section in which your child earns an honor stripe.

Chores and Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Initial
Clean Room								
Make bed								
Put away personal possessions where they belong								
Put dirty clothes in laundry								
School								
Finish homework on time								
Use Black Belt effort in class								
Show Black Belt respect to teachers and friends								
Family								
Complete assigned chores								
Show Black Belt respect to family								
Help with siblings and/or pets								
Self-Development								
Practice martial arts for 15 minutes								
Set a short, worthwhile goal								
Stay focused on written goals								

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