



BLACK BELT SELF-DISCIPLINE

to be your best.

Discipline List

Perform the following tasks "without being told".

Discipline at Home	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I made my bed							
I put my dirty clothes in the laundry							
I put my clean clothes away							
I picked up my belongings from the floor							
I did my homework & prepared for school							
I helped clean up after dinner							
I did my chores & helped clean the house							
I brushed my teeth AM & PM							
I put my tooth brush away & wiped the sink off							
I took my bath/shower & hung up my towel							
Discipline at School							
I returned my assignments on time							
I showed respect to my classmates							
I cleaned up my lunch/snack mess							
I was ready to learn (books out, pencils ready)							
I cleaned up my work area							
I gave my best effort in class							
I focused on my teacher							
I was ready with my belongings to go home							
Parent's Requests (please fill in):							

Return this form to your teacher when completed.

Parent Signature:

FOR MORE COPIES OF THIS DISCIPLINE FORM VISIT www.WarhorseKarate.com



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