# TO DO LIST

*Ages 10-15*

**Parents:** *This is a belt requirement. The intent is to help your child develop Black Belt Excellence in all areas of life. As a parent, it's important to use this list to monitor your child's outstanding accomplishments outside of this martial arts academy. We believe that this is an important aspect of martial arts training for children.*

| | Week 1 | | | | | | Week 2 | | | | | | Week 3 | | | | | | Week 4 | | | | | |
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| **Household Contributions** | M | T | W | Th | F | S | M | T | W | Th | F | S | M | T | W | Th | F | S | M | T | W | Th | F | S |
| Straighten-up Room | | | | | | | | | | | | | | | | | | | | | | | | |
| Put personal belongings away | | | | | | | | | | | | | | | | | | | | | | | | |
| Put dirty clothes in laundry | | | | | | | | | | | | | | | | | | | | | | | | |
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| **School** | | | | | | | | | | | | | | | | | | | | | | | | |
| Complete homework on time | | | | | | | | | | | | | | | | | | | | | | | | |
| Use Black Belt effort in class | | | | | | | | | | | | | | | | | | | | | | | | |
| Have Black Belt respect for teachers and friends | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Family** | | | | | | | | | | | | | | | | | | | | | | | | |
| Complete assigned chores | | | | | | | | | | | | | | | | | | | | | | | | |
| Have Black Belt Respect for entire family | | | | | | | | | | | | | | | | | | | | | | | | |
| Help with younger brother or sister | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Self-Development** | | | | | | | | | | | | | | | | | | | | | | | | |
| Read and/ or study outside of school | | | | | | | | | | | | | | | | | | | | | | | | |
| Stay focused on written goals | | | | | | | | | | | | | | | | | | | | | | | | |
| Eat to Win | | | | | | | | | | | | | | | | | | | | | | | | |
| Complete Martial Arts Home Work outs | | | | | | | | | | | | | | | | | | | | | | | | |