TO DO LIST

Ages 5-9

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					
Clean Room	M	T	W	Th	F	S	M	T	W	Th	F	S	M	T	W	Th	F	S	M	T	W	Th	F	S
Make my bed																								
Put personal belongings away																								
Put dirty clothes in laundry																								
Self-Care																								
Brush teeth and hair																								
Take a bath																								
Eat to win																								
School																								
Complete homework on time																								
Use Black Belt effort in class																								
Have Black Belt respect for teachers and friends																								
Family																								
Complete assigned chores																								
Have Black Belt Respect for entire family																								
Help with younger brother or sister																								
Self-Development																								
Set a short term, worthwhile goal																								
Complete Martial Arts Home Work outs																								