

Name: _____

USA Karate

1535 NE 177th St.
 Shoreline, WA 98155
 (206) 440-5533

My Best List

Week of: _____

<i>CLEAN ROOM</i>	12 & Under	Mon	Tues	Wed	Thurs	Fri	Sat
Make my bed							
Put personal belongings away							
<i>SELF CARE</i>							
Brush teeth							
Take a bath							
Put dirty clothes in laundry							
<i>SCHOOL</i>							
Complete homework							
Use Black Belt effort in class							
Use Black Belt respect for teachers and classmates							
<i>FAMILY</i>							
Complete assigned chores							
Use Black Belt respect for entire family							
<i>SELF DEVELOPMENT</i>							
Practice martial arts 15 minutes							

Parents:

This is a belt requirement. The completed list is expected on the first class of the week. 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.