



# Academy of Kempo Martial Arts

# To Do List

Name \_\_\_\_\_ Date \_\_\_\_\_ Mon Tues Wed Thurs Fri Sat Sun

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>HOUSEHOLD CONTRIBUTIONS</b>							
Straighten up my room							
Put my personal belongings away							
Put my dirty clothes in the laundry							
<b>SELF CARE</b>							
Brush my teeth							
Take a bath							
<b>SCHOOL</b>							
Complete my home work							
Use Black Belt effort in class							
Use Black Belt respect for my teachers and classmates							
<b>FAMILY</b>							
Complete my assigned chores							
Use Black Belt respect for the entire family							
<b>SELF DEVELOPMENT</b>							
Practice my martial arts 15 minutes							
Read or study outside of school							

**Parents:** This is a belt requirement. The complete 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.

**Way To Go!**