



AMERICA'S

Self Defense Leader Performance To-Do-List

MON TUE WED THUR FRI SAT SUN

At home I will...



Clean my room							
Put personal belongings away							
Put dirty clothes in laundry basket							
Put things away that I use							
Other:							

At School I will...



Use Black Belt effort in class							
Have Black Belt respect for teachers & friends							
Not talk without raising my hand							
Follow the 5 Principles of KEMPO							
Complete ALL homework on time							
Other:							

I will help my family...



Complete assigned chores							
Have Black Belt respect for entire family							
Help my brother/sister							
Other:							

Self-Care...

Brush teeth & hair							
Bathe every day							
Eat winning meals							
Other:							

Self-Development...



Practice martial arts for 15 minutes							
Read & study outside of school							
Set short-term goals							
Stay focused on written goals							
Other:							

Parents: This list is to help your child develop Black Belt excellence in all areas of their life. Remember though, it is you who will motivate them and monitor their progress. With consistent usage of this list we believe your child will achieve outstanding character and performance in all they do.

Parent _____ Student: _____ Instructor: _____