***Complete 3 weeks' worth (with good standings) in order to receive your red stripe!**

Students Name:

My Best List

Date of Week: - - TO - -

	M	T	W	TH	F	S	SU
> ***SELF-RESPECT***							
* I made my bed.							
* I brushed my teeth AM & PM and left the sink clean after.							
* I kept my room clean.							
* I put my dirty clothes in the laundry.							
* I picked up any messes I made around the house.							
* I took my bath/shower & hung up the towel.							
* I went to bed on time without argument.							
> ***PART OF THE FAMILY***							
* I didn't talk back to my parents/guardians.							
* I listen and follow directions the first time I'm told to do something.							
* I didn't argue with my siblings.							
* I was kind and used the "magic words" with everyone. *(see below)*							
* I didn't argue about play/device time being over.							
* I came to the table when called.							
* I helped set up for or clean up after a meal.							
* I completed an extra chore not mentioned here.							
> ***SCHOOL / KARATE***							
* I was ready and waiting for school. *(school year only)*							
* I completed my homework in a timely manner. *(school year only)*							
* I didn't use my karate on anyone outside the studio.							
* I practiced my karate at home safely.							
* I was ready and waiting with uniform for karate.							

Use the "magic words" Please, Thank you, You are welcome, Yes/No Ma'am or Sir.

Student's Signature:_____ Date:_____

Parents Signature:_____ Date:_____

* Parents please check and sign when you agree with what your child has done.

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HYE-KENPO EXTREME KARATE

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