

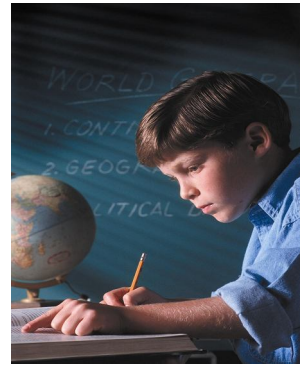


# Academy of Traditional Karate, Inc. Teaching Life Skills Since 1989!

155 West Street, Suite 5, Wilmington, MA 01887  
978-658-2077

www.traditional-karate.com

## My Best List



\*Pass in filled out sheets on a monthly basis and earn a character (red) stripe on your belt.

Name \_\_\_\_\_

WEEK OF:	SUN	M	T	W	TH	F	SAT
<b>AT HOME</b>							
Wake myself up on time to get dressed and ready for school?							
Clean room and make my bed without being asked?							
Hang up my clothes and put my belongings away?							
Brush my teeth (AM/PM), floss, mouthwash?							
Care for pets?							
Did I read at home today?							
Lay out school clothes?							
<b>For Karate</b>							
Fold Martial Arts uniform & put in my bag?							
Practice my karate twice a week							
Get ready for karate class without being told?							
<b>FOR SCHOOL</b>							
Complete Homework before dinner?							
Did I work hard and take pride in my work?							
Remember: Lunch, notes, library books, homework							
Did I treat my teacher/classmates with respect today?							
<b>FAMILY</b>							
Pick up all personal belongings around the house?							
Clean up after meals, snacks without being asked?							
Did I express gratitude and treat my family with love and respect?							
Kept voices and noise at an acceptable level?							

Parent's Name: \_\_\_\_\_

Student's Name: \_\_\_\_\_