

# Self Discipline Sheet

\_\_\_\_\_ Student Name

\_\_\_\_\_ Parent Signature

\_\_\_\_\_ Dates

**S**= Self; Sees an opportunity to help or do and does so without being asked.

**G**= Good; When asked to help or do, does so the first time asked.

**N**= Needs Improvement; When asked to help or do, has to be asked many times.

**P**= Poor; When asked to help or do, does **not** or demonstrates a negative attitude.

	M	T	W	T	F	S	S
<b>Household Contributions</b>							
Straighten up room							
Put personal belongings							
Put dirty clothes in laundry							
Make my bed							
Complete assigned chores							
<b>Self Care</b>							
Brush teeth							
Take a bath/ shower							
<b>School</b>							
Complete home work							
Use black belt respect for teachers & classmates							
<b>Family</b>							
Use black belt respect for family							
<b>Karate</b>							
Practiced at least 15 minutes							

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