



Academy of Kempo Martial Arts

To Do List

Name _____ Date _____ Mon Tues Wed Thurs Fri Sat Sun

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
HOUSEHOLD CONTRIBUTIONS							
Straighten up my room							
Put my personal belongings away							
Put my dirty clothes in the laundry							
SELF CARE							
Brush my teeth							
Take a bath							
SCHOOL							
Complete my home work							
Use Black Belt effort in class							
Use Black Belt respect for my teachers and classmates							
FAMILY							
Complete my assigned chores							
Use Black Belt respect for the entire family							
SELF DEVELOPMENT							
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!