



NEW YORK KARATE & KICKBOXING TO DO LIST

BEGINNING THE FIRST CLASS OF EACH WEEK.

NAME _____

	MON	TUE	WED	THU	FRI	SAT	SUN
DATE:							
<u>CLEAN ROOM</u>							
MAKE MY BED							
PUT AWAY PERSONAL BELONGINGS							
<u>SELF CARE</u>							
BRUSH TEETH							
TAKE A BATH/SHOWER							
PUT AWAY DIRTY LAUNDRY							
<u>SCHOOL</u>							
COMPLETE HOMEWORK							
USE BLACK BELT EFFORT IN CLASS							
USE BLACK BELT RESPECT FOR TEACHERS							
<u>FAMILY/HOME</u>							
COMPLETE ASSIGNED CHORES							
USE BLACK BELT RESPECT FOR FAMILY							
PRACTICE MARTIAL ARTS 15 MINUTES							

PARENTS: This list is a belt requirement. It is the student's responsibility to complete this required list and bring it to class on the first day of each week. Turning in this list will help your child to develop confidence and self-discipline and helps your child feel good about themselves and their accomplishments.

PARENT NAME: _____

PARENT COMMENTS: _____

