



NEW YORK KARATE & KICKBOXING

ADVANCED STUDENTS CHART OF RESPONSIBILITIES

NAME _____ DATE _____

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|-----|-----|-----|-----|-----|-----|-----|
| AT HOME | | | | | | | |
| Wake up on time to get dressed and ready for school? | | | | | | | |
| Clean room and make my bed? | | | | | | | |
| Hang up my clothes and put my belongings away? | | | | | | | |
| Did I practice at least 15 min of martial arts? | | | | | | | |
| Brush my teeth (am/pm), floss, mouthwash? | | | | | | | |
| Flush toilet/pick up seat, take my bath/shower? (Hang towel after)? | | | | | | | |
| Care for pets? | | | | | | | |
| Lay out school clothes? Fold Martial Arts uniform & put in karate bag? | | | | | | | |
| Did I read at home today? | | | | | | | |
| FOR SCHOOL | | | | | | | |
| Complete homework? Learn & practice Student Creed? | | | | | | | |
| Did I work hard and take pride in my work? | | | | | | | |
| Remember: Lunch, notes, library books, homework, martial arts uniform, backpacks? | | | | | | | |
| Did I treat my teacher/classmates with respect today? | | | | | | | |
| FAMILY | | | | | | | |
| 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 NAME: _____

PARENT COMMENTS: _____
