



Name: _____

LAKEVILLE MARTIAL ARTS CLUB "MY-BEST" LIST

I am developing Self-Discipline in order to bring out the best
in myself and others.

I do not have to be told what to do.

	Su	M	T	W	Th	F	S
I made my bed							
I put my dirty cloths in the laundry							
I kept my personal belongings neat							
I brushed my teeth & cleaned up after							
I showered/bathed/washed up							
I completed my homework							
I helped out around the house (write below what you did)							
I prepared the things I need for the next day							
PERSONAL GROWTH:							
I used good self control							
I gave my best effort in school							
I gave my best effort at Tae Kwon Do							
I developed myself in a positive manner							
I treated my family with love and respect							
I was courteous and polite to all							

Please return with S.T.A.R. sheet

How I helped around the house this week:

Parents Signature: _____

Students Signature: _____