

STUDENT NAME: \_\_\_\_\_

BELT COLOR: \_\_\_\_\_

## PERSONAL DEVELOPMENT STRIPE SHEET

*Developing good habits that will last a **LIFETIME**.*

In order to receive your stripes for personal development for the week, complete the entire sheet front and back – **parent signature is required.**

### WEEKLY JOB LIST

This job list is designed to help you to prepare for success at school and at home. Complete each chore daily and check off each task done for each day. **TIGER CHALLENGE:** Write your own chores in the blank spaces and complete those chores every day!

Week Starting: ____/____/____	SUN	MON	TUE	WED	THU	FRI	SAT
<b>CLEAN ROOM</b>							
Make my own bed							
Hang up my clothes							
Put my things away every day							
<b>SELF CARE</b>							
Brush my teeth (morning and night)							
Take my bath (hung up towel and washcloth after)							
Put all dirty clothes in the laundry							
Lay out my school clothes							
<b>SCHOOL WORK</b>							
Complete homework promptly							
Did I work hard and take pride in my work/lessons today?							
Remember lunch money, notes to/from teacher, library books, projects, etc.							
<b>FAMILY</b>							
Pick up all personal belongings around the house							
Clean up after meal (dishes and taking out trash)							
Did I treat my parents/spouse and siblings with respect?							

Inspected and approved by (parent or self if over 18)/Date: \_\_\_\_\_

Instructor Signature/Date: \_\_\_\_\_

**BLACK BELT EXCELLENCE!**

STUDENT NAME: \_\_\_\_\_

BELT COLOR: \_\_\_\_\_

# Character of a King

## SELF DISCIPLINE

Each time you help out at home without being asked, write down how you helped out. **TIGER CHALLENGE:** Write 10 ways you helped out at home!

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

## HEALTHY EATING

Each time you choose healthy food over sugary and salty snacks without being asked, write down what you chose to eat instead of what you wanted to eat. **TIGER CHALLENGE:** Choose 10 healthy snacks!

- |                    |                   |
|--------------------|-------------------|
| 1. I chose: _____  | instead of: _____ |
| 2. I chose: _____  | instead of: _____ |
| 3. I chose: _____  | instead of: _____ |
| 4. I chose: _____  | instead of: _____ |
| 5. I chose: _____  | instead of: _____ |
| 6. I chose: _____  | instead of: _____ |
| 7. I chose: _____  | instead of: _____ |
| 8. I chose: _____  | instead of: _____ |
| 9. I chose: _____  | instead of: _____ |
| 10. I chose: _____ | instead of: _____ |

## BOOK CLUB

Each time you read at home, write down how many times and what you read. *Students under reading age can count reading with their parents, siblings, or caretakers.* **TIGER CHALLENGE:** Read 5 times for 30 minutes!

- |                          |
|--------------------------|
| 1. ___ minutes of: _____ |
| 2. ___ minutes of: _____ |
| 3. ___ minutes of: _____ |
| 4. ___ minutes of: _____ |
| 5. ___ minutes of: _____ |

## MARTIAL ARTS PRACTICE

Each time you practice at home, write down how many minutes and what you practiced. **TIGER CHALLENGE:** Practice for 30 minutes for 5 days!

- |                          |
|--------------------------|
| 1. ___ minutes of: _____ |
| 2. ___ minutes of: _____ |
| 3. ___ minutes of: _____ |
| 4. ___ minutes of: _____ |
| 5. ___ minutes of: _____ |

# Strength of a Tiger

**KING TIGER MARTIAL ARTS: Character of a KING, Strength of a TIGER.**