

SELF DISCIPLINE SHEET

STUDENT NAME _____ AGE _____ BELT _____

Each time you help out at home without being asked, write down how you helped out. Once you have helped at home ten times (outside of your regular expectations), turn in your sheet to receive a Self-Discipline (Blue) stripe. Each sheet is worth three Self Discipline stripes.

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

Parent Signature _____ Date _____ Stripe
Instructor Signature _____ Date _____

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

Parent Signature _____ Date _____ Stripe
Instructor Signature _____ Date _____

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

Parent Signature _____ Date _____ Stripe
Instructor Signature _____ Date _____

Bring this sheet every time you complete 10 tasks around the house. The student with the most Self Discipline stripes at the end of the testing cycle will be awarded a Self-Discipline Award.