



Building "LifeWarriors"

To Do List

Ages 6-10

Parents: Please use this To-Do list to monitor your child's outstanding accomplishments at home and at his academic school. Being responsible for specific tasks and completing them, satisfactorily, is an important element of your child's martial arts training, and will help him develop Black Belt excellence in all of his life's roles. Make sure your child completes this list and submits it to his instructor during each week's first class, as it is a belt requirement.

CHORES AND TASKS	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Clean Room							
Make my bed.							
Put personal possessions where they belong.							
Put dirty clothes in laundry.							
Personal Care							
Brush teeth and hair.							
Bathe.							
Eat to win. What did you Eat Healthy?							
School							
Complete homework on time.							
Use Black Belt effort in class.							
Black Belt respect for teachers and friends.							
Family							
Complete assigned chores.							
Black Belt respect for entire family.							
Help with younger brother, sister or friends.							
Self-Development							
Practice martial arts 15 minutes.							
Set a short-term, worthwhile goal. Write it down.							

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