



Jessie Thornton's



UNITED KARATE STUDIO

MY BEST LIST

Month of _____
Child's Name _____

My child is developing SELF DISCIPLINE in order to bring out the best in themselves and others.

Grade your child on each category: 1 – (not good) to 5 – (great)

CLEANED ROOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	TOTAL
Made bed.						
Put dirty clothes in the laundry.						
Put clean clothes away.						
Put personal belongings away.						
Vacuumed and dusted room						
SELF CARE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	TOTAL
Brushed teeth, a.m. and p.m.						
Put away toothbrush and paste.						
Wiped the water off the sink.						
Took bath or shower and hung up towel.						
Picked up clothes immediately.						
Laid out school clothes in the p.m.						
Developed self in a positive manner.						
SCHOOL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	TOTAL
Completed homework on time.						
Took pride and gave best effort.						
Prepared the things needed in the p.m.						
Concentrated and showed respect.						
FAMILY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	TOTAL
I treated my family with love and respect.						

Train up your child in the way they should go and when they are old, they will not depart from it.