

Name: _____

Month: _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
Show off my Room: DISCIPLINE																										
1. Make my bed																										
2. Hang up my clothes																										
3. Put away all personal belongings																										
4. ?																										
5. ?																										
Excellent Self Care: SELF-CONFIDENCE																										
1. Brush my teeth, put away paste																										
2. Take my bath, hang my towel and washcloth up																										
3. Put all dirty clothes in the laundry																										
4. ?																										
5. ?																										
The Best in School: SELF-DISCIPLINE																										
1. Complete homework																										
2. Basic exercise, stretching, running, etc.																										
3. Practice forms and basic motion																										
4. Go over mental workout																										
5. ?																										
Wonderful Family: RESPECT & LOVE																										
1. Clean up after meals																										
2. Take out trash																										
3. Listen & Respect parents																										
4. Share & be cooperative with siblings																										
5. ?																										

East West Martial Arts