



Dynamic Martial Arts

Student Homework Assignment - Self Discipline

*THIS ASSIGNMENT MUST BE COMPLETED AND SUBMITTED TO
YOUR INSTRUCTOR ONE WEEK PRIOR TO YOUR BELT EXAM.*

Student Name: _____

Today's Date: _____

DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME!

Use this job list as a checklist for an entire week to work on developing some good habits.

For the week of: _____

<u>Clean Room</u>	Sun	Mon	Tue	Wed	Th	Fri	Sat
Make my own bed							
Hang up my clothes							
Put my things away every day							
<u>Self-Care</u>							
Brush my teeth (morning and night)							
Take my bath (hang up towel after)							
Put all my dirty clothes in laundry							
Lay out my school / work clothes							
<u>School / Work</u>							
Complete homework promptly							
Did I work hard and take pride in my lessons today?							
Remember: lunch money, notes to / from teacher, library books, etc.							
Did I treat my classmates / coworkers and teachers / superiors with respect today?							
<u>Family</u>							
Pick up all personal belongings around the house							
Clean up after meals (take out trash)							
Did I treat my parents and siblings with respect?							

Parent Signature: _____

Date: _____

Instructor Signature: _____

Date: _____