



Neill's Taekwondo & Fitness

"I am on the road to My Black Belt"

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Respect for Family, Home, and Myself							
1. I picked up after my self (clothes, towels, toys, books).							
2. I took care, of pets.							
3. I took care of chores.							
4. I took care, of my own dishes (Breakfast, lunch, dinner, and snacks in between)							
5. I practiced good hygiene (bathing, teeth and hair).							
6. I responded when called, the first time!							
7. I made eye contact with people speaking to me.							
8. I did not interrupt my teachers at school with words or actions.							
9. I did not interrupt the teacher in Taekwondo class with words or actions.							
Courtesy							
1. I say "Yes/No ma'am" to all ladies.							
2. I say "Yes/No Sir" to all gentlemen.							
3. I performed a selfless act of kindness.							
4. I said "Please" and "Thank you" consistently.							
5. I held doors, or opened doors for others.							

Live every day being all you can be!



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Responsibility							
1. I worked at doing things before I was told.							
2. I was organized and well prepared for school (That means doing your homework!)							
3. I was organized and well prepared for activities (Washing and ironing your own Taekwondo uniform, bringing your own water and gear as well as remembering to take it home.)							
4. I practices being a good example to others in my behavior and actions.							
Harmony							
1. I considered the feelings of others before speaking or acting							
2. I contributed my part and more around the house and offer to help whenever possible.							
3. I get along with your friends, family and others.							
Leadership							
1. I recognized the efforts of others.							
2. I encouraged others.							
3. I spoke up and represented myself or other individuals.							
Effort							
1. I have given my best effort in all my activities today?							

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