



★ Star Sheet ★ ages 6 & up

To Do List

First Name:

Last Name:

Date:

Parents: K2 Martial Arts Star's intent is to help your child develop Black Belt excellence in all areas of life. As a parent, it is important to use this list to monitor your child's outstanding accomplishments outside of this Martial Art's Academy. We believe that this is an important aspect of Martial Art's training for children.

(Place a check next to each task after it is completed)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
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Clean Room

Make my bed							
Put personal belongings away							
Put dirty clothes in laundry							

Self-Care

Brush teeth & hair							
Take a bath or shower							
Eat healthy foods							

School

Complete assigned homework							
Participate in class							
Read a book or article							

Family

Complete assigned chores							
Have respect for entire family							
Help with brothers or sisters							

Self-Development

Practice: Tae Kwon Do forms, kicks, and stretches							
Achieve goal to advancement							

Acting for Others

* Student will list one task done each week to assist someone else

* i.e.) bringing in groceries, helping w/ laundry, assisting in school classroom/library, helping a neighbor or babysitting w/out pay

Parent Signature:

Instructor Signature:

You need  star sheets for 1 star