

NAME: _____ AGE: _____ RANK: _____

WEEK OF: ___/___/___ - ___/___/___ WEEK ___/8



CHARACTER BUILDER

"DEVELOPING EXCELLENT HABITS THAT WILL LAST A LIFETIME" | (LEVELS 1 & 2 AGES 17-)

To earn STRIPE POINTS, use this sheet to track your daily habits and responsibilities by initialling after each task you complete, total your score, and hand in this sheet when completed and inspected by an adult. An additional 10 points per day will be awarded, if you complete ALL the tasks for that day. Only one sheet can be completed per week (8 per cycle). Week 8's sheet will be counted towards your next rank. Use the blank spaces to write your other daily chores. **Students must have at least 2 sheets with minimum 25 pts handed in to pass their next test.**
**For the School/Work Section, during summer/holidays, you may substitute kung fu class & other extra curricular activities in place of school.*

CLEAN ROOM	M	T	W	Th	Fr	Sa	Su	TOTALS:
Make my own bed								/7
Hang up my clothes								/7
Put my things away								/7
								/7
SELF CARE								
Brush my teeth (morning and night)								/7
Bathe (Hung up towel & washcloth after)								/7
Put all dirty clothes in the laundry								/7
								/7
SCHOOL/WORK*								
Complete homework promptly								/7
Did I work hard and take pride in my lessons/work today?								/7
Remember lunch box, notes to from teacher, books, projects, etc.								/7
Did I treat my classmates/co-workers and teachers with respect?								/7
								/7
FAMILY								
Pick up all personal belongings around the house								/7
Clean up after meal (take out trash)								/7
Did I treat my parents/spouse & siblings with respect?								/7
Did I show Black Belt Discipline today? (ONLY ASKED ONCE)								/7
								/7
BLACK BELT HABITS								
Silent sitting meditation for 2 minutes								/7
Daily Gratitude Journal (Write out 3 things)								/7
Read Daily Affirmations or Write Out Goals								/7
Did I strive to exit my comfort zone today?								/7
PERFECT DAY BONUS (+10 if all above are filled for the day)								/70
DAY FREE OF VIDEOGAMES/TV/TABLET/COMPUTER (+5)								/35

PARENT'S COMMENTS	What successes, achievements, or improvements has the student experienced this past week?	TOTAL SCORE: _____
	In what areas did you feel the student experienced the most struggle and weakness this past week?	

INSPECTED AND APPROVED BY _____, _____ / _____ / _____
PARENT/ADULT OVER 18 SIGN, DATE SIGNED

STRIPE AWARDED: INSTRUCTOR SIGN ...ON A QUEST TO BE THE BEST!!!