

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SQUAD: \_\_\_\_\_

WEEK OF: \_\_\_\_/\_\_\_\_/\_\_\_\_ - \_\_\_\_/\_\_\_\_/\_\_\_\_ WEEK \_\_\_\_/8



# ATTITUDE SCORE CARD

## BLACK BELT CLUB & LEADERSHIP / TEENS & LEVEL 3 & 4 (AGES 17-)

In order to earn STRIPE POINTS, use this **SCORE CARD** to track your excellent daily habits and responsibilities by initialling after each task you complete, total your score, and hand in this sheet after getting it inspected & signed by a parent. 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 75 pts handed in to pass their next rank test.**

*\*For the School/Work Section, during summer/holidays, you may substitute kung fu class & other extra curricular activities in place of school.*

| <b>CLEAN ROOM</b>  | <b>M</b> | <b>T</b> | <b>W</b> | <b>Th</b> | <b>Fr</b> | <b>Sa</b> | <b>Su</b> | <b>TOTALS:</b> |
|--|----------|----------|----------|-----------|-----------|-----------|-----------|----------------|
| Make my bed in the morning   |          |          |          |           |           |           |           | /7             |
| Hang up my clothes   |          |          |          |           |           |           |           | /7             |
| Room is clean before going to bed  |          |          |          |           |           |           |           | /7             |
| <b>SELF CARE</b>   |          |          |          |           |           |           |           |                |
| Brush my teeth (morning and night)   |          |          |          |           |           |           |           | /7             |
| Shower/Bathe (Hang up my Towel/Washcloth After)  |          |          |          |           |           |           |           | /7             |
| Put all dirty clothes in the laundry   |          |          |          |           |           |           |           | /7             |
| Woke Up On Time (No Snooze)  |          |          |          |           |           |           |           | /7             |
| Went To Bed On Time (8 - 10 hours before alarm)  |          |          |          |           |           |           |           | /7             |
| <b>SCHOOL/WORK*</b>  |          |          |          |           |           |           |           |                |
| Complete my 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             |
| <b>HOME/FAMILY</b>   |          |          |          |           |           |           |           |                |
| Pick up all personal belongings around the house   |          |          |          |           |           |           |           | /7             |
| Clean up after meal (take out trash)   |          |          |          |           |           |           |           | /7             |
| Did I treat my family/friends with BLACK SASH RESPECT?                                   |          |          |          |           |           |           |           | /7             |
| <b>BLACK BELT HABITS</b>   |          |          |          |           |           |           |           |                |
| Daily Gratitude Journal (Write out 3 things)   |          |          |          |           |           |           |           | /7             |
| Read Daily Affirmations or Write Out Goals/Daily Task List                               |          |          |          |           |           |           |           | /7             |
| Did I strive to exit my comfort zone today?  |          |          |          |           |           |           |           | /7             |
| Practice Meditation or Qigong for:<br>5 min [1] / 10 min [3] / 30 min [10] / 60 min [25] |          |          |          |           |           |           |           | /175           |
| <b>PERFECT DAY BONUS (+10 if all above are filled for the day)</b>                       |          |          |          |           |           |           |           | /70            |
| <b>DAY FREE OF VIDEOGAMES/TV/TABLET/COMPUTER (+5)</b>                                    |          |          |          |           |           |           |           | /35            |
| <b>SIFU'S CHALLENGE:</b> (+5)  |          |          |          |           |           |           |           | /35            |

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

INSPECTED AND APPROVED OF BY \_\_\_\_\_ ON \_\_\_\_/\_\_\_\_/\_\_\_\_

PARENT'S SIGNATURE

DATE

STRIPE AWARDED: INSTRUCTOR SIGN

**...ON A QUEST TO BE THE BEST!!!**