



Super Star List

Student's Name: _____ Date: _____

HOUSEHOLD CONTRIBUTIONS	MON	TUES	WED	THUR	FRI	SAT
Straighten up room and make bed						
Put dirty clothes in laundry						
Put personal belongings away						
SCHOOL	MON	TUES	WED	THUR	FRI	SAT
Complete homework on time						
Use Black Belt effort in class						
Use Black Belt respect for teachers						
FAMILY	MON	TUES	WED	THUR	FRI	SAT
Complete assigned chores						
Use Black Belt Respect for entire family						
Help with younger brother or sister						
SELF-CARE	MON	TUES	WED	THUR	FRI	SAT
Brush teeth and hair						
Take a bath						
Eat to win						
SELF-DEVELOPMENT	MON	TUES	WED	THUR	FRI	SAT
Practice martial arts a minimum of 15 minutes						
Set a short-term, worthwhile goal						

Earned Blue Stripe? **YES NO** Parent Signature: _____

A weekly goal you have achieved: _____

What needs improvement: _____

Other Notes: _____