



SELF-DISCIPLINE SHEET

STUDENT NAME _____ AGE _____ BELT _____

Each time you help out at home without being asked, write down how you helped out. Once you have helped out at home ten times (outside of your regular expectations), turn in your sheet to receive an Attitude Stripe. Each sheet is worth three Attitude Stripes.

1	6
2	7
3	8
4	9
5	10

PARENT/GUARDIAN SIGNATURE

DATE ____ / ____ / ____

INSTRUCTOR SIGNATURE

DATE ____ / ____ / ____

STRIPE

1	6
2	7
3	8
4	9
5	10

PARENT/GUARDIAN SIGNATURE

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INSTRUCTOR SIGNATURE

DATE ____ / ____ / ____

STRIPE

1	6
2	7
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PARENT/GUARDIAN SIGNATURE

DATE ____ / ____ / ____

INSTRUCTOR SIGNATURE

DATE ____ / ____ / ____

STRIPE

If you want to receive your Self-Discipline Award at Belt Promotion, turn in this sheet fully completed **before** promotion. You can only receive **one** Self-Discipline Award per cycle, but you can receive **unlimited** Attitude Stripes for helping at home!