



# 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 Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Stripe**

**Instructor Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Stripe**

**Instructor Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Stripe**

**Instructor Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

