



Martial Arts Citizenship Awards Program

(The Family That Kicks Together Sticks Together)

Name: _____ Age: _____

Belt: _____ Week: _____ Total Score: _____

Daily jobs at home for ATA students
Martial Arts Students are always the Best!

Responsibility:

Clean My Room: _____ *Sun.* _____ *Mon.* _____ *Tues.* _____ *Wed.* _____ *Thurs.* _____ *Fri.* _____ *Sat.* _____

1. Make my bed _____
2. Hang up my clothes _____
3. Put away all personal belongings _____
4. * _____
5. * _____

Self-Confidence:

Excellent Self Care: _____ *Sun.* _____ *Mon.* _____ *Tues.* _____ *Wed.* _____ *Thurs.* _____ *Fri.* _____ *Sat.* _____

1. Brush my teeth _____
2. Put all dirty clothes in the laundry _____
3. Take my bath-Hang towel after _____
4. * _____
5. * _____

Character:

Study & Practice: _____ *Sun.* _____ *Mon.* _____ *Tues.* _____ *Wed.* _____ *Thurs.* _____ *Fri.* _____ *Sat.* _____

1. Complete Homework _____
2. Get an "A" on a test _____
3. Basic Exercise – stretching, running, etc _____
4. * _____
5. * _____

Respect & Love:

Wonderful Family: _____ *Sun.* _____ *Mon.* _____ *Tues.* _____ *Wed.* _____ *Thurs.* _____ *Fri.* _____ *Sat.* _____

1. Share and cooperate w/ brother & sister _____
2. Clean-up after meals and snacks _____
3. Take out garbage _____
4. Listen to & respect parents _____
5. * _____

Score: _____

Scoring System

Responsibility and Self-Confidence 50 points = 1 Blue Star
Character and Respect and Love 50 points = 1 Gold Star

* Please fill in personal successes