

Name: \_\_\_\_\_

# Guilderland Martial Arts Citizenship Awards Program

## Expectations

*Martial Arts Students are Always the Best*

Month \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
<b>Clean My Room --- Responsibility</b>																																
1. Make my bed																																
2. Hang up my clothes																																
3. Put away all personal belongings																																
4.																																
5.																																

<b>Excellent Self-care --- Self Confidence</b>																															
1. Brush my teeth																															
2. Take my bath- hang towels after bathing																															
3. Put all dirty clothes in laundry																															
4.																															
5.																															

<b>Study/Practice --- Self Respect</b>																															
1. Complete homework																															
2. Get an A on a test																															
3. Basic exercise - stretching, running, etc.																															
4. Practice forms and basics																															
5.																															

<b>Wonderful Family --- Respect and Love</b>																															
1. Clean up after meals and snacks																															
2. Help when asked																															
3. Listen and respect parents																															
4. Share and cooperate with brothers and sisters																															
5.																															

Score \_\_\_\_\_

**Key**  
 E - Excellent  
 S - Satisfactory  
 N - Needs Improvement

Guardian's Signature \_\_\_\_\_