

Star # \_\_\_\_\_



Complete 7 Chores a day for 30 or 31 days and earn your STAR!

## OUTSTANDING CITIZEN AWARD PROGRAM

Name	Age	Parent/Guardian (Draw a "Smiley Face" for Completed Job Only.)																														
Belt Level	Grade																															
Daily Jobs At Home For Martial Arts Students	Month/YR																															
		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																																
6																																
<b>Excellent Self-Care: Sef-Confidence</b>																																
1. Brush My Teeth.																																
2. Take My Bath Hang Towels After Bathing.																																
3. Put All Dirty Clothes In The Laundry.																																
4																																
5																																
6																																
<b>Study/Practice: Character</b>																																
1. Complete Homework.																																
2. Get An "A" On A Test.																																
3. Basic Exercise – Stretching, Running, Etc.																																
4. Practice Forms And Basics.																																
5																																
6																																
<b>Wonderful Family: Respect And Love</b>																																
1. Clean Up After Meals And Snacks.																																
2. Take Our Trash.																																
3. Listen To And Respect Parents.																																
4. Share And Cooperate w/ Brothers And Sisters.																																
5																																
6																																
<b>Score</b>																																

(Blank Lines Can Be Filled By Individual Family Jobs.)

# "The Family That Kicks Together Sticks Together"