



# MY BEST LIST

## PERSONAL DISCIPLINE WORKSHEET



When you have completed Student's Name \_\_\_\_\_

	M	T	W	T	F	S	S
<b>SCHOOL</b>							
I completed my schoolwork							
I showed respect & listened to my teachers							
I dressed (helped), myself for Lil' Dragons class							
<b>SELF CARE</b>							
I brushed my teeth morning and night							
I went to bed when I was told							
I had a positive (happy) ☺ attitude today							
<b>CLEAN MY ROOM</b>							
I made (helped) my bed							
I put my dirty clothes in the laundry							
I straightened up my room							
<b>FAMILY &amp; HEALTH</b>							
I treated my Family with love and respect							
I exercised and or stretched							
I ate and drank healthy							

**Mom & Dad,**

Please visit our website to print out additional copies of this "Best List". Please send in completed check list with your child to class so they can redeem their special prize! Thank you for the opportunity to work with your child!

Mark & Mary Ann Malakoff  
 Kang's Black Belt Academy, Inc.  
[www.kangsblackbeltacademy.com](http://www.kangsblackbeltacademy.com)

**PARENT OR TEACHER'S SIGNATURE:** \_\_\_\_\_