

Student Name: _____

Date: _____

IMPACT

Jiu Jitsu

Cubs' Club

Parents: This "To Do List" is a belt requirement. This completed list is expected to be turned in on the first class of each week. Two sheets each month are required as part of each belt progression. Its intent is to help your child develop Black Belt Excellence in all areas of life. As a parent, it is important to recognize your child's outstanding accomplishments outside of this martial arts school. We believe that this is an important aspect of martial arts training for children.

Teachers: Please sign this form in support of our student and their efforts in the classroom as indicated below. The intent of the "school" section below is to support the development of excellent school behavior and learning habits.

Students: As a student of martial arts, it is important that you develop discipline and take responsibility for having this sheet completed. Once complete and ready to turn in, you must obtain your parent's signature at the bottom of this form to validate the information presented. You must also have your teacher sign the form to validate your effort and respect in the classroom.

Approximate Ages from 8-17

To Do List

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Self Care / Development							
Eat to win (including breakfast everyday)							
Complete 30 minutes of exercise							
Practice Jiu Jitsu 15 minutes							
Read from a book not assigned at school							
Get at least 7 to 8 hours of sleep							
School - Teacher signature required							
Complete homework on time							
Use Black Belt effort in class							
Show respect to teachers and friends							
Family / Home							
Complete assigned chores							
Do what parents ask the first time							
Have Black Belt respect for entire family							
Help with siblings and/or pets							

Parent Signature: _____ Date: _____

Teacher Signature: _____ Date: _____