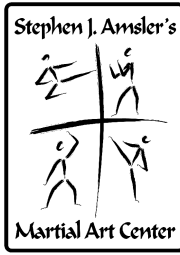


"To-Do" List



**Stephen J. Amsler's
Martial Art Center**
18595 Brookhurst St.
Fountain Valley, CA 92708
(714) 964-6505 www.samsler.com

Name: _____

ALL AGES	MON	TUE	WED	THU	FRI	SAT
CLEAN ROOM						
Make my bed						
Put personal belongings away						
SELF CARE						
Brush Teeth						
Take a bath						
Put dirty clothes in laundry						
SCHOOL						
Complete homework						
Use Black Belt effort in class						
Use Black Belt respect for teachers and classmates						
FAMILY						
Complete assigned chores						
Use Black Belt respect for entire family						
SELF DEVELOPMENT						
Practice martial arts for 15 minutes						

Parents: Please help your child develop confidence and self-discipline. The to-do list is not a belt requirement, however your child will earn a gold star at belt rank testing if a minimum of 4 weeks are completed. Parents may add, delete or change any section to fit their child's individual needs. Please complete **both** sides of list for a total of two one-week lists and turn in when completed. Additional copies may be printed from our website at www.samsler.com.

Way To Go!