



Black Belt in Life: Summer Success Chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1) Make your bed.							
2) Brush your teeth							
3) Bath/Shower							
4) Use Blackbelt manners							
5) Eat for health.							
6) Drink Water.							
7) Limit Video Games to an hour or less each day.							
8) Go to Karate or Jlu-JitsuClass (at least 2 times a week.)							
9) Outdoor Activity (at least 30 minutes)							
10) Read for 30 minutes.							
11) Clean up dinner plate and cup.							
12) Put your clothes and shoes out for the next day.							
To do Once a week:							
Family outing/adventure/ go somewhere together							
Hike/Walk/Run at least 1 hour once a week							
Family Board Game fun.							

Complete each task, each day and have a parent sign of on your sheet. Turn in your sheet when it is completely full for a prize from Sensei!