

Personal Development Log



Student's Name:

Parent's Signature:

Develop good habits that will last a lifetime!

Please return by the 20th each month.

Home Responsibilities

	Week 1	Week 2	Week 3	Week 4
Keep my room clean: make bed, put belongings away, fold and put away laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-care: brush teeth everyday, take a bath/shower, eat healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Home: Pick up belongings around house, clean up after meals and snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family: Treat family with love and respect, say please and thank you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

School Responsibilities

Complete Homework: Read everyday!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Work hard and take pride in my lessons: Always do your best!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Treat my classmates and teachers with respect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dojo Responsibilities

Practice/ train everyday (10 min a day suggested)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Come to class regularly (twice a week and make up any missed classes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have respect for my training partners and Sensei(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parents please comment here:

Random acts of kindness: Try to practice "random acts of kindness" everyday! Write a short description of one of the unexpected kind things you have done for another this month.

