



MY BEST LIST

PERSONAL DISCIPLINE WORKSHEET



When you have completed Student's Name _____

	M	T	W	T	F	S	S
SCHOOL							
I completed my schoolwork							
I showed respect & listened to my teachers							
I dressed (helped), myself for Lil' Dragons class							
SELF CARE							
I brushed my teeth morning and night							
I went to bed when I was told							
I had a positive (happy) ☺ attitude today							
CLEAN MY ROOM							
I made (helped) my bed							
I put my dirty clothes in the laundry							
I straightened up my room							
FAMILY & HEALTH							
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.kangs.ninja

PARENT OR TEACHER'S SIGNATURE: _____