



# Fredericton Karate Dojo



Month:	Accomplishment at home						
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I made my bed							
I brushed my teeth							
I cleaned my room							
I did a house chore							
I practiced karate							
I ate my fruit and veggies							
<b>Week 2</b>							
I made my bed							
I brushed my teeth							
I cleaned my room							
I did a house chore							
I practiced karate							
I ate my fruit and veggies							
<b>Week 3</b>							
I made my bed							
I brushed my teeth							
I cleaned my room							
I did a house chore							
I practiced karate							
I ate my fruit and veggies							
<b>Week 4</b>							
I made my bed							
I brushed my teeth							
I cleaned my room							
I did a house chore							
I practiced karate							
I ate my fruit and veggies							

**Name of the student:**

**Signature of the parent:**

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**Comments:**  
 (house ,school  
 behavior, etc..)