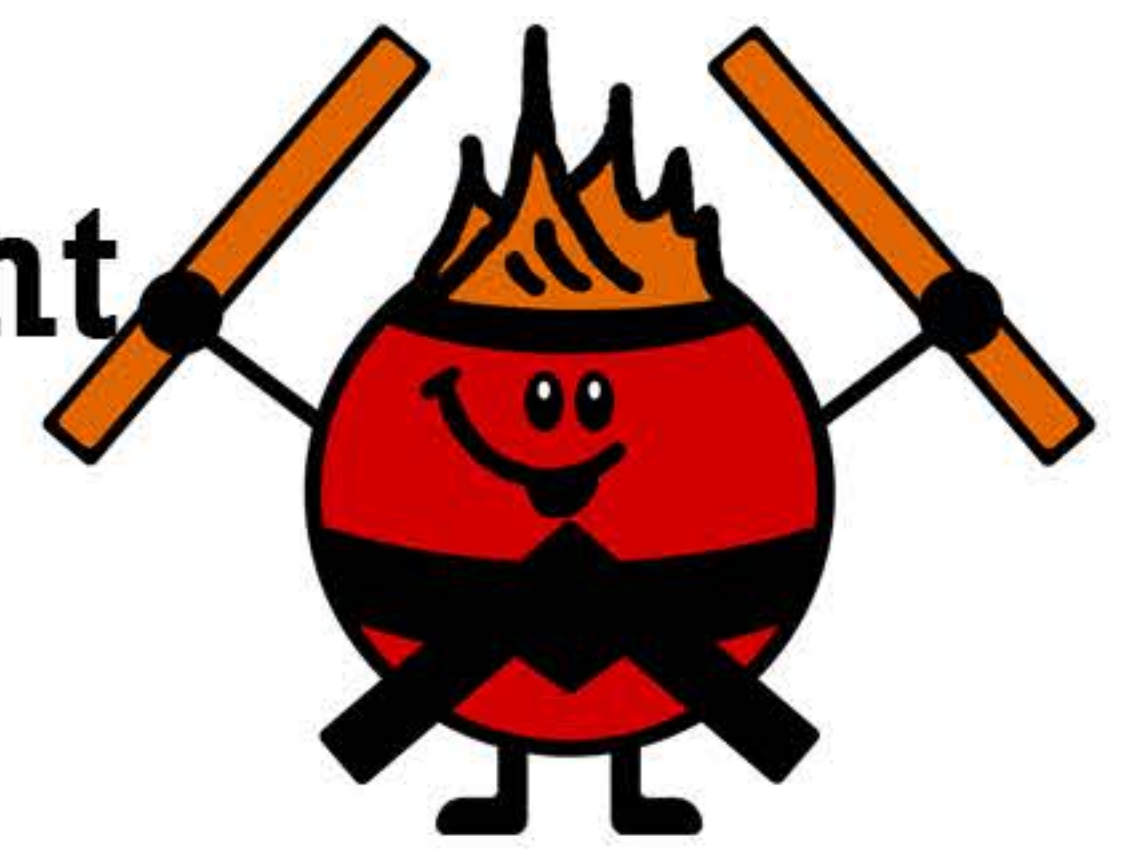


# Black Belt Character Development

## Character Chart: Modesty



**FIRST NAME:** \_\_\_\_\_ **LAST NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **BELT COLOR:** \_\_\_\_\_

In order to receive a Modesty stripe for your job list, all blanks must be filled out for an entire week. Keeping up with your daily chores will help you develop good habits that will last a lifetime.

**Parents can write other specific chores in the blank spaces!**

Week Starting: ___/___/___	SUN	MON	TUE	WED	THU	FRI	SAT
<b>CLEAN ROOM</b>							
Make my own bed							
Hang up my clothes							
Put my things away every day							
<b>SELF-CARE</b>							
Brush my teeth (morning and night)							
Take my bath (and clean up after)							
Put all dirty clothes in the laundry							
Put out clean clothes for tomorrow							
<b>SCHOOL/WORK</b>							
Complete homework promptly							
Did I work hard and take pride in my work/lessons today?							
Remember lunch money, notes to/from teacher, library books, projects etc.							
Did I treat my classmate/co-workers and teachers with respect?							
<b>FAMILY</b>							
Pick up all personal belongings around the house							
Clean up after meal (take out trash)							
Did I treat my parents/spouse and siblings with respect?							

Upon testing for and earning a Red Stripe, students will receive a Character Award if they have earned enough stripes on their belt. To be eligible to receive the Modesty Award, turn in this and four other sheets fully completed on the day you test for your red stripe. You can also receive UNLIMITED Modesty stripes.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Stripe

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