

## Citizenship Awards Program

- I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.
- I intend to develop self-discipline in order to bring out the best in myself and others.
- I intend to use what I learn in class, constructively and defensively, to help myself and my fellow man and to never be abusive or offensive.

Month:	
Year:	
Name:	
Age:	
Grade:	
Belt Rank:	

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Responsibility																															
1. Make my bed																															
2. Put away all my personal belongings																															
3. Get belongings ready for school																															
4.																															
5.																															
Self-Esteem (self-care)																															
1. Brush my teeth																															
2. Take my bath and hang up my towel																															
3. Put away dirty clothes																															
4.																															
5.																															
Character (study/practice)																															
1. Complete homework																															
2. Do basic exercise (stretching, running, etc.)																															
3. Practice basics and forms																															
4.																															
5.																															
Respect & Love																															
1. Clean up after snacks and meals																															
2. Listen to and respect parents																															
3. Share and cooperate with siblings																															
4.																															
5.																															