



SELF DISCIPLINE SHEET

STUDENT NAME _____ AGE _____

Each time you help at home without being asked, write down how you helped. Once you have helped at home ten times (outside of your regular expectations), turn in your sheet to receive an attitude stripe. Each sheet is worth three attitude stripes.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Parent Signature _____ Date _____ Stripe

Instructor Signature _____ Date _____