



The Future of Fitness

# Self-Discipline Sheet

DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME!!

Write down something you did around the house or at school that you did not have to be told to do by an adult. Bring this sheet to class when you have 10 lines completed and you will receive a Life Skills Stripe. A total of 3 stripes may be earned per sheet. When you receive your third stripe, your sheet will be collected, and you will receive a DISCIPLINE AWARD at the next Red Carpet Night!

Student Name: \_\_\_\_\_ Rank: \_\_\_\_\_

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

Parent Signature/Date: \_\_\_\_\_

Instructor Signatue/Date: \_\_\_\_\_

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

Parent Signature/Date: \_\_\_\_\_

Instructor Signatue/Date: \_\_\_\_\_

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____

Parent Signature/Date: \_\_\_\_\_

Instructor Signatue/Date: \_\_\_\_\_

***You are on a quest to be the Best!!***