



# “Do YOUR Part” Worksheet

For Students at Piscataway Martial Arts



Training occurs in every aspect of life. What you do now affects your future.

- Instructions :
- 1). There is an average of 4 weeks per month. Every week, each student must do something to “Do Your Part” ... At Home, In School, In the Dojo, In the Community
  - 2). Whatever it is that you “Do” is between you and your parents. But you must do something.  
i.e. Keep your room clean, Do your homework, Take out the trash, Help with groceries, etc.
  - 3). At the end of each week, parent must sign to confirm that your have “Done Your Part”
  - 4). Worksheet is submitted at the dojo on the last class of the current month.

Month of : \_\_\_\_\_ Student Full Name : \_\_\_\_\_ Current Rank : \_\_\_\_\_

**Week #1 :** \_\_\_\_\_  
 List what you \_\_\_\_\_  
 did this week. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Parent / Guardian Signature : \_\_\_\_\_

**Week #2 :** \_\_\_\_\_  
 List what you \_\_\_\_\_  
 did this week. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Parent / Guardian Signature : \_\_\_\_\_

**Week #3 :** \_\_\_\_\_  
 List what you \_\_\_\_\_  
 did this week. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Parent / Guardian Signature : \_\_\_\_\_

**Week #4 :** \_\_\_\_\_  
 List what you \_\_\_\_\_  
 did this week. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Parent / Guardian Signature : \_\_\_\_\_