

The Top Honors Program



The Boltz's Family Martial Arts Academy Top Honors Program is designed to encourage and acknowledge students' efforts in developing important life & living skills and use of the Tenets of Taekwondo at home and at school. The Top Honors Program recognizes the highest achievers with an invitation to the **Ultimate Party** celebration with all of their friends.



Life & Living Skills

Student Name: _____ Date Range: _____

Parents: Evaluate your child's actions in the Life & Living Skills below and determine if they have acted appropriately. Younger students should only need to be reminded once and older/advanced students should not need to be reminded at all!

| | Week | | |
|---|--------------------------|--------------------------|--------------------------|
| | 1 | 2 | 3 |
| Use the 7 Words of Respect (Daily) Yes Sir No Sir Yes Ma'am No Ma'am Please Thank You You're Welcome | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Speak respectfully to your parents (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Be truthful in your words (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do what you are told to do by your parents the first time (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do not interrupt your parents while they are on the phone (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Speak respectfully to your friends/teachers at school (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Play nicely with your siblings (Daily - if applicable) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Put away your jacket & shoes or boots (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wear clean clothes (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Take care of your martial arts uniform (Daily/Weekly) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Use good personal hygiene (Daily) Shower or Bathe Brush teeth Comb hair Wash hands & face | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Complete your household chores (Daily/Weekly) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Clean your room (Daily/Weekly) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Finish your homework daily (Daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Average 15 minutes of reading per day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Average 30 minutes of exercise per day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Students: During each date range, attempt to accomplish all of the tasks listed above. Your parents will evaluate you each week on your progress. If you get half (24 boxes or more) checked you will earn 1 honors stripe. If you get 100% or 48 boxes check you will receive 2 honors stripes.