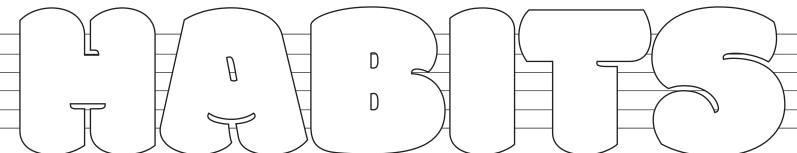
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		Martial Arts





What is a HABIT! Habits are the things we do over and over without even thinking. We have good habits and bad habits. The goal is to stop the bad habits and do more of the good habits.

What is a good habit?

What is a bad habit?

Our chore charts are meant to help us create good habits. In the boxes below color the habits you do in the morning **VELLOW**. Color the habits you do in the afternoon and evening **BLUE**. Color the habits you do more than once a day in **GREEN**.

BRUSH YOUR TEETH MAKE YOUR RED EAT HEALTHY FOODS

READ A BOOK

GO TO OR PRACTICE KARATE

TAKE A
BATH OR
SHOWER

PUT AWAY TOYS

PLAY DUTSIDE

FAMILY DISCUSSION

Families need good routines and habits to work together! What is a habit you'd like to develop as a family? (Example: Eat breakfast together, read together before bed, laying out school clothes the night before, etc.)

How will you hold each other accountable when adding this new habit into your daily routine?