



Practical Martial Arts™  
Behaviour Score Sheet  
Version 1.1 240309



## Behaviour Score Sheet

✓ = Good for that day

X = Bad for that day

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							



## Chores Score Sheet

✓ = All done for that day

X = Not done for that day

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							



## 5-a-day Score Sheet

✓ = All done for that day

X = Not done for that day

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							