

# **Home Rules of TNT Fitness**

- 1. I must show respect to my parents, teachers, and elders at all times.**
- 2. I will greet my parents when they enter the house and say “goodbye” when they leave.**
- 3. I will keep a good relationship with my brothers and sisters.**
- 4. I will keep my household neat and clean.**
- 5. I will keep my hair, body, and teeth clean at all times.**
- 6. I will not interrupt adult conversations.**
- 7. I will aim for straight A’s by:
  - 1) Eating a healthy breakfast every morning**
  - 2) Study what I learned today**
  - 3) Do my homework**
  - 4) Preview what I will study tomorrow****
- 8. I will be truthful at all times.**
- 9. With each task, I will give 100 percent.**
- 10. I will always finish what I start.**

**NOTE: TNTers who do not follow these rules may be subject to reduction in rank or other disciplinary actions.**

**Athlete signature:** \_\_\_\_\_

**Parent signature:** \_\_\_\_\_