

# PARENT'S ROLE-MODELING CHART

Name:	Week of:
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Use the chart below to track your progress with regards to positive role-modeling for your child. Complete this chart each week.

1. Choose five traits from the list below (or come up with your own) and list them in the column labeled "I demonstrated this trait..."
2. Once you have demonstrated the trait that you have listed, write the day of the week that you did so then briefly explain how that trait was demonstrated.
3. If desired, discuss the chart with your child at the end of the week. See if he/she noticed any of your positive behaviors. Have him/her sign at the bottom.

I demonstrated this trait...	on this day...	by doing this...

Patience	Being Helpful	Positive Encouragement	Determination	Showing Pride in Others
Compassion	Fairness	Health-Physical Activity	Humility	Accepting Responsibility
Kindness to Strangers	Understanding	Health-Eating Healthy	Forgiveness	Appropriate Problem-Solving

Child's Signature (Optional) \_\_\_\_\_