



To Do List

Student Name: _____

Ages 4-14 years old	check mark = YES	X = NO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Household Contributions</u>								
Make my bed								
Put personal belongings away								
<u>Self Care:</u>								
Brush teeth								
Take shower/bath								
Put dirty clothes in laundry								
<u>School:</u>								
Complete homework								
Use Black Belt effort in class								
Use Black Belt respect for teachers and classmates								
<u>Family:</u>								
Complete assigned chores								
Use Black Belt effort for entire family								
<u>Self Development:</u>								
Practice exercise / stretching								
Practice karate 10-15 minutes								

Parents:

- Completing form is a belt requirement
- Completed list is expected to be turned into instructor weekly
- Teaches responsibility and routine
- Feel free to add/delete responsibilities in each category based on age
- This is your child's responsibility, not yours



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