



WEEKLY JOB LIST

Developing good habits that will last a lifetime.

STUDENT NAME _____

AGE _____

BELT _____

To receive a stripe for your job list, every blank must be filled in for an entire week. Weekly cycles start on the Sunday after belt graduation, and up to eight job lists are accepted each cycle (no more than eight red stripes). Write your other chores in the blank spaces.

WEEK STARTING: ____ / ____ / ____

JOB	SUN	MON	TUE	WED	THU	FRI	SAT
CLEAN ROOM							
Make my own bed							
Hang up my clothes							
Put my things away every day							
SELF-CARE							
Brush my teeth (morning and night)							
Take my bath (hang up towel and washcloth after)							
Put all dirty clothes in the laundry							
Lay out my school clothes							
SCHOOL / WORK							
Complete homework promptly							
Did I work hard and take pride in my work today?							
Remember lunch, notes, library books and projects							
Did I treat classmates, co-workers and teachers with respect?							
FAMILY							
Pick up all my belongings around the house							
Clean up after meals (take out the trash)							
Did I treat my parents, spouse and siblings with respect?							

INSPECTED AND APPROVED BY PARENT OR ADULT OVER 18 · DATE _____

STRIPE: INSTRUCTOR SIGNATURE _____

ON A QUEST TO BE THE BEST!