



WEEKLY JOB LIST

STUDENT NAME _____ AGE _____ BELT _____

DEVELOPING GOOD HABITS THAT WILL LAST A LIFETIME.

In order to receive a stripe for your job list, **all blanks** must be filled out for an entire week.

Weekly cycles start on the Sunday after belt graduation- maximum of eight job lists will be accepted for each cycle (a student can not receive more than eight red stripes.)

Write your other chores in the blank spaces!

Week Starting: ____/____/____	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 (Hung 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/lessons today?							
Remember lunch money, notes to/from teacher, library books, projects etc.							
Did I treat my classmate/co-workers and teachers with respect?							
FAMILY							
Pick up all personal belongings around the house							
Clean up after meal (take out trash)							
Did I treat my parents/spouse and siblings with respect?							

Inspected and approved by _____, ____/____/____
Parent/Adult over 18 Signature, Date

Stripe: _____
Instructor Signature

ON A QUEST TO BE THE BEST!!

MILE HIGH KARATE, STERLING