

Elite Freestyle Karate

* 1349 Main Street * Reading MA, 01867 * 781-942-9898 *



JOB LIST

Name: _____ **Date:** _____

Develop good habits that will last a life time!	S	M	T	W	TH	F	S
CLEAN ROOM							
Make my bed							
Hang up my clothes							
Put away all personal belongings							
SELF CARE							
Brush my teeth (AM &PM), put away paste							
Take my bath (or shower) & hang towels							
Put all dirty clothes in the laundry							
Lay out my clothes for school							
Practiced all my kata's (if brown belt)							
Practice all my karate basics							
SCHOOL							
Complete homework & study							
Did I work hard today?							
Remembered my lunch (or \$)							
FAMILY							
Pick up all my personal belongings							
Cleaned up after meals (took out trash)							
Treated my family with love and respect!							

Blank spaces are left for you to fill in your special jobs.

Inspected by: _____

(Parent or Guardian)