

GOOD HABITS WORKSHEET

<i>Develop Good Habits That Will Last a Lifetime!</i>	<u>Check only Completed Jobs!</u>						
NAME: _____ WEEK OF: / /	M	T	W	TH	F	S	S
Clean Room							
• Make My Bed							
• Hang up Clothes and put away personal belongings							
•							
Self Care							
• Brush my teeth (Morning/Evening) / Put away Toothpaste Daily							
• Take my bath/shower and put away towels / washcloth							
• Put all dirty clothes in the hamper/Laundry basket							
•							
•							
School							
• Completed Homework							
• Did I work smart and take pride in my lessons today?							
• Remember: Lunch, Notes from Teacher, Library Books							
• Did I treat my Classmates and Teacher with Respect?							
•							
•							
Family							
• Pick up all personal belongings around the house?							
• Complete my Chores; Pick up after Meals; Take out the Trash?							
• Did I treat my family with Love and Respect?							
• Help care and feed for the Pets; Cats, Dogs, Fish, or Birds ?							
•							
ATA TaeKwonDo Class / Homework Practice							
• I attended Class _____ times this week?							
• Did I work hard in class and listen to my Instructor?							
• Did I treat my Instructors and fellow Students with Courtesy and Respect?							
•							

Note: Blank spaces are left for you to fill in your special Jobs!!!

INSPECTED by _____ (parent)