



Hickey Karate Center Worksheet To Do List for Ages 6-10

Must be turned in by all students prior to their next test.
Accomplish the below every day for four weeks as appropriate.

| Daily Jobs | | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|--------|-----|------|-----|-------|-----|-----|-----|
| Clean Room | Week 1 | | | | | | | |
| Make Bed | Week 2 | | | | | | | |
| Put Clothes Away | Week 3 | | | | | | | |
| Keep Desk Clean | Week 4 | | | | | | | |
| Clear table after meals | | | | | | | | |
| Self Care | | | | | | | | |
| | Week 1 | | | | | | | |
| Brush Teeth | Week 2 | | | | | | | |
| Take a Bath/Shower | Week 3 | | | | | | | |
| Put Dirty Clothes in Laundry | Week 4 | | | | | | | |
| Go to bed without complaining | | | | | | | | |
| School | | | | | | | | |
| | Week 1 | | | | | | | |
| Do homework without being asked | Week 2 | | | | | | | |
| Neaten your locker | Week 3 | | | | | | | |
| Use Black Belt Effort in School | Week 4 | | | | | | | |
| Use Black Belt Respect for Teachers and classmates | | | | | | | | |
| Family | | | | | | | | |
| | Week 1 | | | | | | | |
| Do chores without complaining | Week 2 | | | | | | | |
| Take care of pets w/out being told | Week 3 | | | | | | | |
| Use Black Belt Respect for entire family | Week 4 | | | | | | | |
| Self Development | | | | | | | | |
| | Week 1 | | | | | | | |
| Practice Martial Arts 10 min/day | Week 2 | | | | | | | |
| Turn off TV/Nintendo and play outside without being told | Week 3 | | | | | | | |
| Read a Book each week | Week 4 | | | | | | | |
| (Name of Books) | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |

Parents; The above list is a belt requirement. The completed list must be returned before any required test along with testing application. Help your child develop confidence and self-discipline. Turning in the complete form will help your child feel good about themselves and proud of their accomplishments. Some requirements should be completed daily, others as is expected within your household. Use your best judgement.

Signed by Parent _____ Signed by Student _____ Date _____