



Name: _____

Date: _____

GOOD HABITS WEEKLY CHECKLIST

Check only completed jobs

Clean Room : Courtesy	S	M	T	W	T	F	S
Make my bed							
Hang up my clothes and put away my personal belongings							
Got to bed on time							

Self Care : Self Confidence	S	M	T	W	T	F	S
Brush my teeth, put away toothpaste							
Take my shower/bath, hang up my towel							
Put all of my dirty clothes in the laundry							

School : Self Discipline	S	M	T	W	T	F	S
Complete all homework assignments							
Take pride in my lessons and work to the best of my ability							
Be prepared with all of my books and notes for class							
Treat my classmates and teachers with respect							

Family : Respect	S	M	T	W	T	F	S
Pick up after eating and throw away trash							
Treat my family with love and respect							
Share and be cooperative with my family							
Use integrity and always tell the truth							

Taekwondo Class : Perseverance to reach goals	S	M	T	W	T	F	S
Attend class at least two times a week							
Work hard and listen to my instructors, come prepared							
Learn something new or improve on something else							
Practice my form							

Note: Black spaces are left for you to fill in your special jobs. Turn in sheet to instructor at least minutes before the start of class.

Inspected by: _____

Parent/Guardian's Signature