



# 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		<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
Clean Room	Week 1							
Make Bed	Week 2							
Put Clothes Away	Week 3							
Keep Desk Clean	Week 4							
Clear table after meals								
<b>Self Care</b>								
	Week 1							
Brush Teeth	Week 2							
Take a Bath/Shower	Week 3							
Put Dirty Clothes in Laundry	Week 4							
Go to bed without complaining								
<b>School</b>								
	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								
<b>Family</b>								
	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							
	Week 2							
<b>Self Development</b>								
	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 \_\_\_\_\_