



# Hickey Karate Center Worksheet To Do List for Ages 11-17

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

Job		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Household Contributions</b>								
Straighten room daily	Week 1							
Daily put personal belongings away	Week 2							
Volunteer to vacuum then do it	Week 3							
Clear table after meals	Week 4							
Volunteer to do dishes								
Help with the Laundry								
<b>Self Care</b>								
Daily Keep Bathroom clean	Week 1							
Practice good hygiene daily	Week 2							
Put Dirty Clothes in Laundry	Week 3							
	Week 4							
<b>School</b>								
Complete Homework without being asked	Week 1							
	Week 2							
Use Black Belt Effort in School	Week 3							
Use Black Belt Respect for Teachers and classmates	Week 4							
Go out of your way to be nice to someone everyone else ignores or is unkind to								
<b>Family</b>								
Complete Assigned chores without complaining	Week 1							
Help prepare family meal	Week 2							
Use Black Belt Respect for entire family	Week 3							
	Week 4							
<b>Self Development</b>								
Practice Martial Arts 15 min/daily	Week 1							
Read newspaper and discuss with parents	Week 2							
Turn off TV/Nintendo, do something outside instead	Week 3							
Read 2 books a week	Week 4							

**Parents; This 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 \_\_\_\_\_