



# Good Habits Worksheet



**Develop Good Habits That Will Last A Lifetime!**

Check only completed jobs

S M T W T F S

Name: \_\_\_\_\_

**Clean Room**

- Make my Bed
- Hang up clothes and put away personal belongings
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**Self Care**

- Brush my teeth (am/pm)/put away the toothpaste
- Take my bath/shower and put away towels/washcloth
- Put all dirty clothes in the laundry
- Lay out my school clothes
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**School**

- Completed homework
- Did I work hard and take pride in my lessons today?
- Remember : lunch money, notes from my teacher, library books
- Did I treat my classmates and teacher with respect?
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**Family**

- Pick up all personal belongings around the house
- Pick up after meals and snack/take out trash
- Did I treat my family with love and respect?
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**ATA Taekwondo Class**

- Did I attend class two times this week?
- Did I work hard in class and listen to my instructors?
- Did I treat my instructors and fellow students with courtesy and respect?
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NOTE: Blank space are left for you to fill in your special jobs.

Inspect by: \_\_\_\_\_ (parent/guardian)