

# Weekly Job List

**Earn an Attitude Stripe &  
DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME!**

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

## Clean Room

**S M T W Th F S**

Make My Bed							
Hang up my clothes							
Put away all personal belongings							

## Self Care

**S M T W Th F S**

Brush my teeth							
Take a bath							
Put all dirty clothes in the laundry							
Lay out my school clothes							

## School

**S M T W Th F S**

Completes homework							
Did I work hard and take pride in my lessons today?							
Remember: lunch money, notes from teacher, overdue library books?							
Did I treat my classmates and teachers with respect?							

## Family

**S M T W Th F S**

Pick up all personal belongings around the house							
Clean up after meals and snacks (take out the trash)							
Did I treat my family with love and respect?							

***The Special Goal I'm working toward this week:***

<b>Weekly Goal:</b>	
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Note: Blank spaces are left for you to fill in special jobs.

Inspected by: \_\_\_\_\_

\*This card is a modification of just one of the attitude and accountability cards used in conjunction with martial arts training offered through Mile High Karate. Visit FreeKarate.com for more information and to find a location near you!