



## Responsibility List

*Develop good habits that last a lifetime*

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

Grade: \_\_\_\_\_ Belt Rank: \_\_\_\_\_

Please rate student using following scale: **3 – Good**   **2 – Satisfactory**   **1 – Poor**

Description	Rating	Comments
<b>Personal care:</b>		
Clean room		
Make my bed		
Hang up my clothes		
Put away all personal belongings		
<b>Self care:</b>		
Brush my teeth (AM/PM) & Put away toothpaste		
Take my bath		
Put all dirty clothes in the laundry		
Lay out my school clothes		
Eat healthy (Finish my food, good table manners, etc.)		
<b>School:</b>		
Complete my homework		
Did I work hard & take pride in my lessons?		
Remember: lunch money, notes from teachers, etc.		
Get ready for school (Wake up on time, prepare, etc.)		
Did I treat my classmates & teachers with respect?		
At least one kind act everyday		
<b>Family:</b>		
Pick up all personal belongings around the house		
Clean up after meals & snacks (take out trash)		
Did I treat my family with love and respect?		
<b>Martial Arts:</b>		
Stretch for 5 minutes every day		
Practice for 10 minutes at least 3 times a week		

\* Blank spaces are left for you to fill in your special jobs.

Parent/Guardian Signature: \_\_\_\_\_

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