



# MODERN

TAEKWONDO CENTER

## "MY TO DO LIST"

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Parents: Use this form to monitor your child's progress and accomplishments outside of the Tae Kwon Do school. We believe this is an important aspect of their martial arts training; it is designed to give your child a feeling of accomplishment, as well as develop positive habits that will last throughout his or her life!

-Modern Taekwondo Center

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOUSEHOLD TASKS</b>							
Make My Bed							
Put My Things Away							
Complete Assigned Chores							

<b>SCHOOL</b>							
Complete Homework							
Pay Attention In Class							
Respect Teachers & Classmates							

<b>SELF CARE</b>							
Brush Teeth and Comb Hair							
Take a Bath or Shower							
Eat Healthy Meals							
Go To Bed On Time							

<b>FAMILY</b>							
First Time Listener w/ Parents							
Helpful and Kind to Siblings							
Respectful and Kind to Family							

<b>SELF DEVELOPMENT</b>							
Practice Tae Kwon Do 15 Min.							
Extra Reading and Studying							

Mom's/Dad's/ Legal Guardian's Signature: \_\_\_\_\_