



MODERN

TAEKWONDO CENTER

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

"MY TO DO LIST"

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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HOUSEHOLD TASKS

CLEAN UP 							
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SCHOOL

Respect Teachers & Friends 							
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SELF CARE

Brush Teeth and Comb 							
Take a Bath or Shower 							
Eat Healthy Meals 							
Go To Bed On Time 							

FAMILY

First Time Listener 							
Sharing 							
Kind to Family 							

SELF DEVELOPMENT

Practice Taekwondo 							
Reading 							

Mom's/Dad's/ Legal Guardian's Signature: _____