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Karate World: Student Weekly "To Do" List

Student Name: _____ **Date:** _____

*This list is a requirement in order for our students to exhibit their readiness and discipline towards their next Belt Promotion. This weekly list helps us monitor our student's progress towards this goal and creates a sense of confidence and accomplishment for the student. *Saturdays and Sundays are optional and based upon parental preferences and individual home chores assigned.*

Clean Room: **Make My Bed**

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Put My Personal Belongings Away

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Self Care: **Brush My Teeth**

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Take a Bath or Shower

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Put My Dirty Clothes in the Laundry

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

School: **Complete My Homework**

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Use "Black Belt Effort" in Class

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Use "Black Belt Respect" for Teachers & Classmates

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Family: **Do My Assigned Chores**

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Use "Black Belt Respect" for Entire Family

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*

Self Development: **Practice Karate A Minimum of 15 Minutes**

Sunday*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*