



YOUNG ADULT'S JOB LIST

DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME!!

Student Name: _____

Check only completed jobs

GOALS

Set & Plan My Daily/Weekly/Monthly/Yearly Goals

Work toward achieving a goals

Goal Achieved !!

S M T W T F S

SELF CARE

Stretch _____ minutes

Practice karate at home (Word of the Belt/Combinations/Form))

Do My Chores without being asked

Keep my room neat

S M T W T F S

SCHOOL

Complete Homework

Did I Work Hard & Take Pride in My Lessons Today?

Remember: Lunch Money, Notes from my Teacher & Library Books, etc.

Did I Treat My Classmates & Teachers With Respect?

S M T W T F S

FAMILY

Put Away All Personal Belongings Around the House & Put Away

Clean Up After Meals & Snacks (Take out the trash)

Did I Treat My Family With Love & Respect?

S M T W T F S

**Note: Use the blank spaces to fill in your special jobs.*

Inspected By: _____
(Parent or Guardian)

You are on a quest to Be the Best!!