

Karate for Kids

Tasks Sheet

Task	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1. Pick up clothes; put in laundry							
2. Put away clean clothes after being laundered							
3. Set the table for meals							
4. Wash the dishes/put in dishwasher							
5. Help with preparation of meals							
6. Say "Yes, I Can" all day							
7. Practice your karate							
8. Keep room clean							
9. Do homework							

Parents – Please initial each day for your preteen/teenager. When complete, have your child bring paperwork to class to receive a BLUE star for his/her victory patch.

Parent's Signature: _____