



The Future of Fitness

# Lil' Dragons Job List

DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME!! (ages 4-7)

Student Name \_\_\_\_\_ Rank \_\_\_\_\_

At the end of a week of doing your jobs, turn this in to receive a Life Skills Stripe.

*Check only completed jobs*

## CLEAN ROOM

Make My Bed

Hang Up My Clothes

Put Away All Personal Belongings

\_\_\_\_\_

S	M	T	W	T	F	S

## SELF CARE

Brush My Teeth (am/pm) Put Away the Toothpaste

Take My Bath (Hang up towel & washcloth after bathing)

Put All Dirty Clothes in the Laundry Hamper

Lay Out My School Clothes

\_\_\_\_\_

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

Did I Treat My Classmates & Teachers With Respect?

\_\_\_\_\_

S	M	T	W	T	F	S

## FAMILY

Pick Up All Personal Belongings Around the House & Put Away

Clean Up After Meals & Snacks (Take our 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!!