



**TRAN'S**  
MARTIAL ARTS

The Future of Fitness

# Young Adult Job List

DEVELOP GOOD HABITS THAT WILL LAST A LIFETIME!! (ages 14-17)

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*

## GOALS

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

Work Toward Achieving a Goal

Goal Achieved !!

\_\_\_\_\_

S	M	T	W	T	F	S

## SELF CARE

Stretch \_\_\_\_\_ Minutes

Practice Martial Arts at Home (Word of the Belt/Combinations/

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

Pick Up 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!!***