



K TIGERS TAEKWONDO

Student Name: _____

Month of: _____ Belt _____

Program: Little Ninjas, Little Tigers

JOB LIST

Develop good habits that will last a lifetime!

Please rate your child's recent performance in the following areas since their last belt testing by checking a rating level next to each line:

1 = ☹️

2 = Below average

3 = Average

4 = Above average

5 = My child is awesome!

	Rate
Cleanliness	
- Keeps room tidy, makes bed each day	
- Personal hygiene: <i>brushes teeth, hair, etc. daily</i>	
Manners	
- Uses good table manners	
- Uses their words to communicate their feelings, not whining, pouting or tantrums	
- Respects and is kind to parents/siblings	
- Plays nicely with friends and siblings	
- Does what is asked the first time without complaints	
- Uses 'Please' and 'Thank you' when appropriate	
Diet/Exercise	
- Eats well and tries new foods!	
- Chooses physical activities over TV and video games.	
- Makes healthy snack choices, doesn't indulge in junk food	
- Practices taekwondo at home	
Responsibility	
- Does assigned chores: <i>puts away personal items, etc.</i>	
- Is in bed on time!	
- Is prepared for school/extracurricular and out the door on time	
- Puts dirty clothes in the laundry	
CUSTOMIZE TO YOUR CHILDS NEEDS:	
-	

- Blank spaces are provided for you to fill in to customize to your child's special needs. Use back page as necessary.

- Comments (include positive and negative): _____

ATTENTION PARENTS: By signing off on this form, you are verifying that your child has exhibited satisfactory behaviors at home, is making acceptable progress at school, and has been practicing taekwondo at home to qualify for testing.

Parental signature: _____