



## Good Habits Job List

Our young members may submit their completed Good Habits Job List(s) as part of their Community Spirit Program Personal Journal.

| CLEAN ROOM                         | WEEK |   |   |   |   |   | MONTHLY TOTAL |
|------------------------------------|------|---|---|---|---|---|---------------|
|                                    | 1    | 2 | 3 | 4 | 5 | 6 |               |
| • Make my bed                      |      |   |   |   |   |   |               |
| • Hang Up My Clothes               |      |   |   |   |   |   |               |
| • Put Away All Personal Belongings |      |   |   |   |   |   |               |

| SELF CARE   | WEEK |   |   |   |   |   | MONTHLY TOTAL |
|---|------|---|---|---|---|---|---------------|
|   | 1    | 2 | 3 | 4 | 5 | 6 |               |
| • Brush My Teeth and put toothpaste away- am/pm                 |      |   |   |   |   |   |               |
| • Take My Bath, hang up your towel and washcloth after bathing! |      |   |   |   |   |   |               |
| • Put All Dirty Clothes In The Hamper                           |      |   |   |   |   |   |               |
| • Lay Out School Clothes For The Next Day                       |      |   |   |   |   |   |               |

| SCHOOL   | WEEK |   |   |   |   |   | MONTHLY TOTAL |
|--|------|---|---|---|---|---|---------------|
|  | 1    | 2 | 3 | 4 | 5 | 6 |               |
| • Finish All Homework  |      |   |   |   |   |   |               |
| • Ask Yourself: Did I work hard and take pride in my efforts today?                    |      |   |   |   |   |   |               |
| • Ask Yourself: Did I treat my teachers and classmates with respect?                   |      |   |   |   |   |   |               |
| • Did you remember to bring: Lunch, notes from my teacher, overdue library books, etc. |      |   |   |   |   |   |               |

| FAMILY   | WEEK |   |   |   |   |   | MONTHLY TOTAL |
|--|------|---|---|---|---|---|---------------|
|  | 1    | 2 | 3 | 4 | 5 | 6 |               |
| • Pick Up Your Personal Belongings Around The House          |      |   |   |   |   |   |               |
| • Help Clean Up After Meals e.g. take out the trash          |      |   |   |   |   |   |               |
| • Ask Yourself: Did I treat my family with love and respect? |      |   |   |   |   |   |               |

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_