



Habit Builder

Good habits built today form a solid foundation for tomorrow.

My Name: _____

Week of: _____

Personal Habits

Color the circle for the job done each day.

- (WASHED my **hands** when dirty
- (BRUSHED my **teeth** (morning & night)
- (TOOK my **bath**
- (PUT my **dirty clothing** in the hamper
- (_____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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- (MADE my **bed**
- (HUNG my **clothes** up
- (PUT my **"stuff"** where it belongs
- (_____

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- (Remembered **lunch money, notes, etc.**
- (USED the **library**
- (BROUGHT my **papers home** for parents to see
- (COMPLETED my **homework**
- (_____

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- (TOOK the **trash** out
- (SET or CLEANED **table**
- (FED & WALKED my **pet**
- (HELPED MOM when she **needed** it
- (_____

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- (CONSERVED energy (Turned lights off, etc.)
- (RECYCLED newspapers, bottles & cans
- (_____

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TODAY, I

- (Did things the **first** time I was told
- (**Hugged** my parents
- (Treated my family with **respect**
- (Was **polite** to everyone I spoke to
- (**Said** my prayers

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To change information, wipe off with a damp cloth.