

DAILY CHORES

- Make beds
□ □ □ □ □ □ □ □
- Feed pets
□ □ □ □ □ □ □ □
- Load/Run/Empty dishwasher
□ □ □ □ □ □ □ □
- Sweep kitchen & entryway
□ □ □ □ □ □ □ □
- Clean kitchen sink
□ □ □ □ □ □ □ □
- Clear/Wipe kitchen counters
□ □ □ □ □ □ □ □
- Plan / Cook dinner
□ □ □ □ □ □ □ □
- Wipe out bathroom sinks
□ □ □ □ □ □ □ □
- Empty trash
□ □ □ □ □ □ □ □
- Do laundry
□ □ □ □ □ □ □ □
- Read to children
□ □ □ □ □ □ □ □
- Exercise
□ □ □ □ □ □ □ □
- Quiet time
□ □ □ □ □ □ □ □
- Take vitamins/medication
□ □ □ □ □ □ □ □
- Prepare tomorrow's clothing
□ □ □ □ □ □ □ □
- _____
- □ □ □ □ □ □ □
- _____
- □ □ □ □ □ □ □
- _____
- □ □ □ □ □ □ □

Sunday 10

- Change dishcloth/towel
- Change hand towels in bathrooms
- Cut/sort/file coupons
- Plan menus
- Make shopping/errand list
- Pamper yourself

Monday 11

- Inventory refrigerator contents and plan meals around leftovers
- Vacuum main/public rooms or 1st floor
- Clean toilets
- Replenish stock of toilet paper in bathrooms
- Clean glass - family/living room

Tuesday 12

- Change dishcloth/towel
- Clean out purse/wallet
- Vacuum bedrooms or 2nd floor
- Change hand towels in bathrooms
- Clean bathtubs and shower
- Clean bathroom mirrors

Wednesday 13

- Clean out one kitchen drawer
- Clip children's nails
- Make veterinarian appointments
- Do mending/ironing
- Pick one clutter spot and work for 30 minutes
- Dust master bedroom

Thursday 14

- Change dishcloth/towel
- Clean microwave - inside and out
- Mop kitchen
- Clean light fixture - dining room
- Change hand towels in bathrooms
- Clean bottom shelf of refrigerator

Friday 15

- Clean dishwasher door
- Sweep porch
- Change sheets - master bedroom
- Dust dining/breakfast room(s)
- Do a quick tidy/put away in each room of the house
- Spend time on a craft/hobby

Saturday 16

- Change dishcloth/towel
- Change hand towels in bathrooms
- Water indoor plants

DAILY CHORES

- Make beds
□ □ □ □ □ □ □ □
- Feed pets
□ □ □ □ □ □ □ □
- Load/Run/Empty dishwasher
□ □ □ □ □ □ □ □
- Sweep kitchen & entryway
□ □ □ □ □ □ □ □
- Clean kitchen sink
□ □ □ □ □ □ □ □
- Clear/Wipe kitchen counters
□ □ □ □ □ □ □ □
- Plan / Cook dinner
□ □ □ □ □ □ □ □
- Wipe out bathroom sinks
□ □ □ □ □ □ □ □
- Empty trash
□ □ □ □ □ □ □ □
- Do laundry
□ □ □ □ □ □ □ □
- Read to children
□ □ □ □ □ □ □ □
- Exercise
□ □ □ □ □ □ □ □
- Quiet time
□ □ □ □ □ □ □ □
- Take vitamins/medication
□ □ □ □ □ □ □ □
- Prepare tomorrow's clothing
□ □ □ □ □ □ □ □
- _____
- □ □ □ □ □ □ □
- _____
- □ □ □ □ □ □ □
- _____
- □ □ □ □ □ □ □

Sunday 17

- Cut/sort/file coupons
- Pamper yourself
- Make shopping/errand list

Monday 18

- Change dishcloth/towel
- Change hand towels in bathrooms
- Inventory refrigerator contents and plan meals around leftovers
- Vacuum main/public rooms or 1st floor
- Clean toilets
- Replenish stock of toilet paper in bathrooms

Tuesday 19

- Sort books/de-clutter/organize bookcase
- Clean bathroom mirrors
- Sweep/mop bathrooms
- Clean out purse/wallet
- Pay/File bills
- Pick one box/bag of clutter and sort through it

Wednesday 20

- Change dishcloth/towel
- Change hand towels in bathrooms
- Clean light fixture - hallways/entryway
- Pull dead leaves off houseplants
- Clip children's nails
- Dust children's/guest room(s)

Thursday 21

- Check prescriptions - call in refills if necessary
- Mop kitchen
- Clean refrigerator drawers
- Dust family/living room
- Wash porch rug
- Clean out vehicle(s)

Friday 22

- Change dishcloth/towel
- Change hand towels in bathrooms
- Sweep porch
- Change sheets - children's room(s)
- Do a quick tidy/put away in each room of the house
- Spend time on a craft/hobby

Saturday 23

- Water indoor plants