**CHORE CHECKLIST**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **HOUSEHOLD CHORES** | **FREQUENCY**  **(DAILY/ AS NEEDED/ ONCE A WEEK)** | **ASSIGNED TO** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
| Air out the house | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Take out trash | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Sweep the floor | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Wash dishes | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Make bed | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Do laundry | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Clear the table | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Clean the living room | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Sanitize the bathroom | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Take out old food from the fridge | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Vacuum the carpets | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Feed the fish | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Feed the dogs | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Fold & iron clothes | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Clean the kitchen | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Clean countertops | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Wipe windows | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Wipe down the sink | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Put away mess from the living room | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Pick up misplaced stuff | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Rearrange furniture | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Arrange books on the bookshelf | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Cook a healthy, homemade meal | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Clean bird’s cage | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Pull weeds from the garden | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Trim plants in the backyard | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Remove cobwebs on the ceiling | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |
| Empty the dishwasher | * DAILY * AS NEEDED * ONCE A WEEK |  |  |  |  |  |  |  |  |