Adult Chore Chart

Household _____ Week of _____

Daily (about 15 minutes)

- [ ] Dishes done, counters wiped
- [ ] Bed made
- [ ] 10 minute tidy of shared rooms
- [ ] Trash out if full
- [ ] Wipe bathroom sink
- [ ] Quick sweep of kitchen floor

Weekly: kitchen

- [ ] Clean stovetop and sink
- [ ] Wipe appliance fronts
- [ ] Clear old food from fridge
- [ ] Mop floor
- [ ] Recycling out

Weekly: bathroom

- [ ] Clean toilet
- [ ] Scrub tub or shower
- [ ] Wipe mirror and counter
- [ ] Wash bath mat and towels
- [ ] Empty bin

Weekly: living areas

- [ ] Vacuum floors
- [ ] Dust surfaces
- [ ] Wash and change bedding
- [ ] Laundry folded and put away
- [ ] Water plants

Admin and errands

- [ ] Plan meals, write grocery list
- [ ] Grocery shop
- [ ] Open mail, sort papers
- [ ] Check bills due this week
- [ ] Restock soap, paper goods

Monthly

- [ ] Clean microwave and oven
- [ ] Wipe baseboards and doors
- [ ] Clean washing machine
- [ ] Declutter one drawer or shelf
- [ ] Wash windows or mirrors

Who does what (initials) and swaps

Write initials beside each chore, tick it when done, and swap owners at the start of each month.