

Chore Chart for Adults

One week, Monday to Sunday. Daily chores and weekly jobs, checked off as you go.
 Week of _____ My reward for a good week _____

1. Every day

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
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	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

2. Once a week

Check the day you did it.

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
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Chore ideas

Every day

Wash dishes and wipe the counters

Make the bed

Ten-minute tidy of the living room

Take out the trash when it's full

Put away today's clothes

Plan tomorrow's dinner

Once a week

Laundry, from wash to put away

Clean the bathroom

Vacuum and mop the floors

Change the bed sheets

Groceries and the meal plan

Water the plants



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