



DAILY CHORES (BY CATEGORY; 4 ITEMS EACH) DAY _____

List and tick off your basic household chores each day, including laundry, shopping, meals, cleaning and errands.

Chores		✓
Laundry/Ironing	1	
	2	
	3	
	4	
Shopping	1	
	2	
	3	
	4	
Meal Preparation	1	
	2	
	3	
	4	
Cleaning/Tidying	1	
	2	
	3	
	4	
Errands	1	
	2	
	3	
	4	
Notes		

