## FAMILY CHORES LIST

## DR. PETER ROBBINS

| Daily | Weekly | Every other Week | Monthly | Every so Often |
| :---: | :---: | :---: | :---: | :---: |
| _ wash dishes | take trash out |  | clean oven | _up Xmas lights |
| - make bed | bring trash in |  | change bed sheets | _ down Xmas lights |
| - make breakfast | vacuum/sweep |  | trim trees/plants | clean gutters |
| _make lunch | clean bathroom(s) |  | groom pets | trim Xmas tree |
| _ make dinner | mow lawn |  | detail car(s) | buy Xmas tree |
| _ take pet out | _ water lawn/plants |  | _ wash dog | _clean garage |
| _ pet: food/water | - pay bills |  | _recycle cans/bottles | _ wash windows |
| _ get mail | _ buy groceries |  | __ buy dog food | _ clean balcony |
| - take out trash | _ put away groceries |  |  | change auto oil |
| _ pick up pet mess | clean floors |  |  | clean patio furniture |
| kids to school | refill soap dispensers |  |  | _ clean out closets |
| _ pick up kids | _ wash/dry clothes |  |  | _ change shower curtains |
| _clean kitchen | fold laundry |  |  | clean out refrigerator |
| set table | _ put away laundry |  |  | clean out freezer |
| __ clear table | $\qquad$ clean/straighten living/family rooms |  |  | -_ wax vehicles |
| Load dishwasher | dust house |  |  |  |
| Unload dishwasher | - wash car |  |  |  |
| __Homework | _ clothes to cleaner |  |  |  |
| $\qquad$ Help with homework | __ clothes from cleaner |  |  |  |
|  | = wash rugs/mats |  |  |  |
|  | _ put chemical in pool |  |  |  |
|  | - vacuum pool |  |  |  |
|  | rack leaves |  |  |  |
|  | _buy supplies |  |  |  |
|  | _empty house trash |  |  |  |
|  | _ go to bank |  |  |  |
|  | _gas for vehicles |  |  |  |
|  | change litter box |  |  |  |
|  | brush dog |  |  |  |
|  | rack leaves |  |  |  |
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Turning Point Counseling: 1370 N. Brea Blvd., Ste. 245, Fullerton, CA 92835-800-998-6329

## How to use the Family Chores List

1. Items in the above list are the most common found in most families. Cross out those that do not apply to your family and add any that are unique to your family.
2. The parents put their initials by the chores that only they are able to do. Then
3. Each person in the family put their initials next to the chore that they would enjoy doing. Then
4. Each person in the family puts their initials next to the chore that they would be willing to do. Then
5. There will remain those chores that no one really likes to do. With these chores, put them on a rotation basis that that no one person gets "stuck" doing the unwanted chore.
6. Most chores will not have specific times to be completed. For those chores that do have a deadline, please add this next to the chore.
7. Make several copies of the completed list (somehow they get lost ()), and post one on the inside of a kitchen cupboard.
8. Folks can "trade" chores but these changes must be updated on the list.
9. If there's a dispute over who is supposed to do what and when, go to the list.
