

HOW TO CREATE YOUR OWN FAMILY CHORE PLAN

1. Take inventory of all the chores that need to be done on a regular basis and how often per week they need to be done.
2. Think of the interests and the abilities of your kids and assign each chore to a child.
3. For each chore, write a detailed list of tasks that need to be accomplished. Instead of just telling your child, "clean the bathroom" - give them an index card that reminds them of each step that needs to be done. These can be laminated so a dry erase marker can be used each time to check off the tasks as they complete them. .
4. Write down consequences and rewards you plan to use as a motivating factor to get the jobs done each day.
ex. For beds not made before breakfast - they owe me 10 min of weeding or daily chores not complete - loss of phone for a day, or favorite apps deleted.
5. Fill out chore plan included below, or design your own. There are spots for daily chores all kids are expected to complete each day, as well as spots for each child's daily and weekly chores.
6. Have a family meeting to discuss the plan. Make sure everyone is on board and understands the expectations and the consequences. Hang the chore plan up where it can be seen often.
7. Make it fun! Brainstorm as a family some fun things you can do together when everyone pitches in and does their part so mom or dad are not so overworked and have the energy to do fun things!
8. Follow through! Find a friend who can join you in implementing this into your families and hold each other accountable!

FAMILY CHORE DIVISION

DAILY ALL

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Daily.

Weekly.

Daily.

Weekly.

Daily.

Weekly.

Sundried tomato & chicken on pasta

Weekly.

Weekly.

Weekly.

Weekly.

Mediterranean chicken and potatoes