

WORKSHEET 11

CHORE CHART

Visit www.LLS.org/CaregiverWorkbook to access all chapters and worksheets.

To stay on top of household chores, make a cleaning schedule. It's easier to clean a little bit every day than to try to clean a whole house in a few hours. Hang the chart on the refrigerator as a reminder. If there are other people who can help, delegate specific chores to them. Check off chores in the done column when finished.

Chore examples: laundry, take out trash, clean bathroom, clean kitchen, vacuum, sweep, mowing the yard, etc.

	DONE	CHORE
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Cleaning Supplies to Add to the Grocery List *(Worksheet 10):*

Add cleaning supplies you need here to remind yourself to buy more.

- _____
- _____
- _____
- _____
- _____