Customize this handy list to the rooms in your home and assign chores to different family members in the empty spaces.

**Month:** \_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Cleaning tasks** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **Entire house** | Check when completed | Check when completed | Check when completed | Check when completed |
| Dust | [ ]  | [ ]  | [ ]  | [ ]  |
| Vacuum floors and baseboards | [ ]  | [ ]  | [ ]  | [ ]  |
| Polish hardwood or tile floors | [ ]  | [ ]  | [ ]  | [ ]  |
| Wash windows and walls | [ ]  | [ ]  | [ ]  | [ ]  |
| **Kitchen** |  |  |  |  |
| Wash the floor | [ ]  | [ ]  | [ ]  | [ ]  |
| Clean and disinfect countertops | [ ]  | [ ]  | [ ]  | [ ]  |
| Wash the cabinets, appliances (fridge, oven, stovetop, range hood, inside the microwave) | [ ]  | [ ]  | [ ]  | [ ]  |
| Scrub the sinks | [ ]  | [ ]  | [ ]  | [ ]  |
| **Bathroom** |  |  |  |  |
| Clean shower/bathtubs, sinks, backsplashes and mirrors |  [ ]  | [ ]  | [ ]  | [ ]  |
| Scrub the toilet | [ ]  | [ ]  | [ ]  | [ ]  |
| Wash the floor/shake out bathmats | [ ]  | [ ]  | [ ]  | [ ]  |
| Polish chrome | [ ]  | [ ]  | [ ]  | [ ]  |
| Empty wastebasket | [ ]  | [ ]  | [ ]  | [ ]  |
| Put out fresh towels | [ ]  | [ ]  | [ ]  | [ ]  |
| **Bedroom** |  |  |  |  |
| Dust and vacuum | [ ]  | [ ]  | [ ]  | [ ]  |
| Change sheets and wash bedding | [ ]  | [ ]  | [ ]  | [ ]  |