My Chore Chart

Ages 2-3 · 2 rows

One row per chore, the chore name on the left, an empty square on the right, the days of the week across the top. Tick the square, not the name. Write the date at the top and start tomorrow — **two rows is a full list for this band.**

This week

AGES 2-3

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Put my shoes in the tray 2-3 minutes · I start it, you finish it	☐	☐	☐	☐	☐	☐	☐
Hang my towel on the hook 2-3 minutes · I reach, you lift	☐	☐	☐	☐	☐	☐	☐
Carry the laundry to the hamper 2-3 minutes · you take the heavy part	☐	☐	☐	☐	☐	☐	☐
Wipe the table with a cloth 2-3 minutes · you do the crumbs	☐	☐	☐	☐	☐	☐	☐

Swap-in chores for this band

Any two of these work in the same rows: put the books back on the shelf, put the toys in the basket, bring the cup to the sink, put the napkin on the table. Keep the rows in the same order every day — a chart read left to right is faster than a list you have to remember.

At this age the chore is the doing, not the result. Take the last part of the job yourself and tick the squares together at the end of the day.

Adult: stay in the same room while the laundry basket, the step stool and the water glass are out. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.

My Chore Chart

Ages 4-6 · 4 rows

Four rows, five to ten minutes each. Your child does the whole job and ticks the box themselves — the box gets ticked by the child, not by you. Write the date at the top and keep the same rows for two full weeks.

This week

AGES 4-6

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Make my bed 5-10 minutes · blanket straight, pillows up	☐	☐	☐	☐	☐	☐	☐	☐
Put the books back on the shelf 5-10 minutes · spines facing out	☐	☐	☐	☐	☐	☐	☐	☐
Clear the table after dinner 5-10 minutes · plates stacked, cups on the counter	☐	☐	☐	☐	☐	☐	☐	☐
Water the plants 5-10 minutes · small cup, one per pot	☐	☐	☐	☐	☐	☐	☐	☐

Swap-in chores for this band

Any four of these work in the same rows: feed the pet, match the socks from the basket, put the shoes in the tray, wipe the table, bring in the mail, set out the napkins.

Shoes go back to the tray before the towel goes on the hook, not after. Leave the chart up for two full weeks before you change anything on it.

Adult: a watering can and a wet floor go together — stay within arm's reach while the water is out. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.

My Chore Chart

Ages 7+ · 6 rows

Six rows, ten to fifteen minutes a day, and the list belongs to you. Write the chores in the first column, pick the order, and check the boxes together on Sunday.

This week

AGES 7+

Chore — write it in	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Vacuum one room 10-15 minutes	☐	☐	☐	☐	☐	☐	☐	☐
Take out the recycling 10-15 minutes	☐	☐	☐	☐	☐	☐	☐	☐
Sweep the porch 10-15 minutes	☐	☐	☐	☐	☐	☐	☐	☐
Fold the laundry 10-15 minutes	☐	☐	☐	☐	☐	☐	☐	☐
Wash the car 10-15 minutes	☐	☐	☐	☐	☐	☐	☐	☐
Take the bins out to the curb 10-15 minutes	☐	☐	☐	☐	☐	☐	☐	☐

Swap-in chores for this band

Any six of these work in the same rows: empty the dishwasher, load the washing machine, rake one patch of the yard, clean the bathroom sink, take the dog for a walk, change the towels.

Adult: the car wash and the curb are the two rows with traffic in them. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.