My Chores Schedule

Ages 2-10 · 3 blocks

One row per chore, the chore name on the left, an empty square on the right, the days of the week across the top. Morning before school, after-school after the snack, weekend in the morning — **one block filled is a working schedule.**

Morning block

BEFORE SCHOOL

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Put my shoes in the tray 2-3 minutes · Ages 2-3, start it together	☐	☐	☐	☐	☐	☐	☐
Pajamas in the hamper 2-3 minutes · Ages 2-3, you take the lid	☐	☐	☐	☐	☐	☐	☐
Make my bed 5-10 minutes · Ages 4-6, blanket straight	☐	☐	☐	☐	☐	☐	☐
Breakfast dish to the sink 1-2 minutes · Ages 4-6, carry with two hands	☐	☐	☐	☐	☐	☐	☐

After-school block

AFTER THE SNACK

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Books back on the shelf 5-10 minutes · spines facing out	☐	☐	☐	☐	☐	☐	☐
Cup to the sink 1-2 minutes · walk, do not run	☐	☐	☐	☐	☐	☐	☐
Homework pack away 5-10 minutes · Ages 7+, one stack	☐	☐	☐	☐	☐	☐	☐
One room picked up	☐	☐	☐	☐	☐	☐	☐

My Chores Schedule

Swap-ins · Ages 2-10

Swap one job per block each Sunday — one in, one out. Two full weeks on the same jobs before any bigger change — **a swap made on Sunday holds all week.**

Morning swap-ins

Hang the towel on the hook. Bring the lunchbox to the counter. Put the napkin on the table. Feed the pet before the shoes. Ages 2-3 run two of these a week; ages 4-6 run all four across the month.

After-school swap-ins

Wipe the table with a cloth. Match the socks from the basket. Bring in the mail. Set out tomorrow's cups. Keep the rows in the same order every day — a schedule read top to bottom is faster than a list you have to remember.

Weekend swap-ins

Vacuum one room. Sweep the porch or the entry. Empty the dishwasher, sharp items left to you. Wipe the bathroom sink. Take the dog for a walk, together.

The ten-minute Sunday swap

- [ ] Lay the sheet flat
- [ ] Count the ticked boxes out loud
- [ ] Swap one job per block
- [ ] Write Monday's date at the top
- [ ] Tape it back at child height

Adult: swap-in jobs that name water, sharp items or the curb run with you in the room. For anything with a hazard in it — scissors, heat, water, small parts — the same rule applies: an adult, close enough to act.