Weekly Chore List

My Name:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I take care of body:							
Brush my teeth:	☐	☐	☐	☐	☐	☐	☐
Comb my hair:	☐	☐	☐	☐	☐	☐	☐
Bathe myself:	☐	☐	☐	☐	☐	☐	☐
Exercise:	☐	☐	☐	☐	☐	☐	☐
I take care of my home:							
Clean up after myself:	☐	☐	☐	☐	☐	☐	☐
Help with the dishes:	☐	☐	☐	☐	☐	☐	☐
Clean my room:	☐	☐	☐	☐	☐	☐	☐
Other assigned chores:	☐	☐	☐	☐	☐	☐	☐
I take care of my mind:							
Do my homework:	☐	☐	☐	☐	☐	☐	☐
Read to myself or with someone:	☐	☐	☐	☐	☐	☐	☐
Parent's Approval:	☐	☐	☐	☐	☐	☐	☐