

DAILY CHORES (BY CATEGORY; 8 ITEMS EACH) DAY _____

Got lots to do? List and tick off detailed chores under including laundry, shopping, meals, cleaning and errands.

	Chores	✓	✓
Laundry/Ironing	1	5	
	2	6	
	3	7	
	4	8	
Shopping	1	5	
	2	6	
	3	7	
	4	8	
Meal Preparation	1	5	
	2	6	
	3	7	
	4	8	
Cleaning/Tidying	1	5	
	2	6	
	3	7	
	4	8	
Errands	1	5	
	2	6	
	3	7	
	4	8	
Notes			

DAILY CHORES (WITH ABC PRIORITY) DAY _____

Need to make sure certain chores get done, but others can wait? Use this list to prioritize the day's household tasks.

Tasks	Priority (A, B, C)	✓
1		
2		
3		
4		
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Notes		