

Chore Chart For Teens

Printable + Editable PDF

TEEN CHORE CHART
Daily Habits

Choose 3-5 tasks each day

Monday	Tuesday	Wednesday
<input type="checkbox"/> Take out the trash and recycling	<input type="checkbox"/> Help with meal preparation	<input type="checkbox"/> Do a load of laundry (wash, dry, and fold)
<input type="checkbox"/> Make the bed	<input type="checkbox"/> Wipe down kitchen counters and surfaces	<input type="checkbox"/> Water indoor plants
<input type="checkbox"/> Put away clothes	<input type="checkbox"/> Empty and load the dishwasher	<input type="checkbox"/> Dust surfaces in 2 rooms
<input type="checkbox"/> Vacuum the floor	<input type="checkbox"/> Clean out backpack	<input type="checkbox"/> Tidy up desk

Thursday	Friday	Weekend
<input type="checkbox"/> Tidy up living room	<input type="checkbox"/> Sweep or mop kitchen	<input type="checkbox"/> Clean the bathroom
<input type="checkbox"/> Help with grocery shopping and putting away groceries	<input type="checkbox"/> Declutter a specific area	<input type="checkbox"/> Wash the family car
<input type="checkbox"/> Water outdoor plants	<input type="checkbox"/> Clean out fridge	<input type="checkbox"/> Sort and donate clothes no longer needed
<input type="checkbox"/> Prepare school lunch	<input type="checkbox"/> Organize digital files	<input type="checkbox"/> Organize the garage

Act of Kindness

Make breakfast for family
Help siblings with homework
Offer to walk or take care of a family pet
Organize a movie night at home
Leave notes for family members to find
Offer to babysit a younger sibling

Choose 2-5 tasks a month

Read a book or article and write a brief summary or review
Volunteer for a community service project or help a neighbor in need
Achieve personal goals, such as learning a new skill

Pre-filled & Blank Templates

TEEN CHORE CHART
Habits

Write down 3-5 tasks each day

Monday	Tuesday	Wednesday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Thursday	Friday	Weekend
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Act of Kindness

<input type="checkbox"/>

Choose 2-5 tasks a month

<input type="checkbox"/>

Write down ideas and choose 2-5 tasks a month

<input type="checkbox"/>

Minimalist Design



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