

Adult Chore Chart

Printable + Fillable PDF

Pre-filled
& Blank
Templates

ADULT CHORE CHART

Daily Habits

Daily Chores	MON	TUE	WED	THU	FRI	SAT	SUN
Make the beds	☐	☐	☐	☐	☐	☐	☐
Wash the dishes	☐	☐	☐	☐	☐	☐	☐
Wipe the countertops	☐	☐	☐	☐	☐	☐	☐
Vacuum the rooms	☐	☐	☐	☐	☐	☐	☐
Tidy up clutter	☐	☐	☐	☐	☐	☐	☐
Clean bathroom (5 min)	☐	☐	☐	☐	☐	☐	☐

Monday	Tuesday	Wednesday
☐ Dust surfaces ☐ Clean kitchen ☐ Clean fridge ☐ Wipe down bathroom ☐ Organize one room ☐ Change bedding	☐ Dust electronics ☐ Clean mirrors ☐ Wipe cabinets ☐ Tidy living areas ☐ Empty bins ☐ Water plants	☐ Clean kitchen sink ☐ Sanitize bathroom ☐ Dust corners ☐ Clean pet areas ☐ Sort closet ☐ Clear hallway

Thursday	Friday	Weekend
☐ Dust fans/lights ☐ Clean appliances ☐ Wipe dining chairs ☐ Polish surfaces ☐ Organize closet ☐ Wash clothes	☐ Dust blinds/curtains ☐ Disinfect bathroom ☐ Wipe doorknobs ☐ Clean Microwave ☐ Replace towels ☐ Fold clothes	☐ Clean main areas ☐ Deep clean one room ☐ Tidy outdoor spaces ☐ Mop floors ☐ Organize pantry ☐ Plan meal ahead

Monthly Chores	J	F	M	A	M	J	J	A	S	O	N	D
Clean windows	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean expired food	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean carpets/rugs	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Declutter one room	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Change oil (if applicable)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

ADULT CHORE CHART

Daily Habits

Daily Chores	MON	TUE	WED	THU	FRI	SAT	SUN
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Monday	Tuesday	Wednesday
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Thursday	Friday
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Monthly Chores	J	F	M	A	M	J	J	A	S	O	N	D
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Minimalist
Design



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