

Adult Chore Chart

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ADULT CHORE CHART		
Daily Tasks		
Household	Food Preparation	Personal Care
Wash Laundry	Plan Meals	Take Care of Self
Organize Kitchen	Shop for Groceries	Get Ready for Work
Do Laundry	Prepare Meals	Get Ready for Bed
Empty Dishwasher	Wash Dishes	Get Ready for Work
Organize Pantry	Plan Meals	Get Ready for Bed
Change Laundry	Shop for Groceries	Get Ready for Work
Household		
Do Laundry	Wash Laundry	Organize Kitchen
Empty Dishwasher	Plan Meals	Get Ready for Bed
Organize Pantry	Shop for Groceries	Get Ready for Work
Change Laundry	Wash Dishes	Get Ready for Bed
Food Preparation		
Do Laundry	Wash Laundry	Organize Kitchen
Empty Dishwasher	Plan Meals	Get Ready for Bed
Organize Pantry	Shop for Groceries	Get Ready for Work
Change Laundry	Wash Dishes	Get Ready for Bed
Personal Care		
Do Laundry	Wash Laundry	Organize Kitchen
Empty Dishwasher	Plan Meals	Get Ready for Bed
Organize Pantry	Shop for Groceries	Get Ready for Work
Change Laundry	Wash Dishes	Get Ready for Bed
Remaining Tasks		
Wash Laundry	Plan Meals	Get Ready for Bed
Organize Kitchen	Shop for Groceries	Get Ready for Work
Do Laundry	Wash Dishes	Get Ready for Bed
Empty Dishwasher	Plan Meals	Get Ready for Bed
Organize Pantry	Shop for Groceries	Get Ready for Work
Change Laundry	Wash Dishes	Get Ready for Bed

Pre-filled
& Blank
Templates

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