

My Chore Chart

Check off each job, earn a star, you've got this!

NAME _____

WEEK OF _____

Color a circle for every chore you finish, then count your stars at the end of the week.

PAGE 1 OF 2

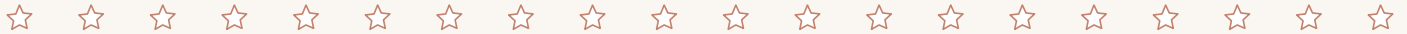
This Week's Chores

one circle per day • a star for each job done

MY JOB	MON	TUE	WED	THU	FRI	SAT	SUN	★
Make my bed								_____
Brush teeth (morning & night)								_____
Get dressed & tidy pajamas								_____
Put my toys & books away								_____
Clear my plate / help set table								_____
Feed / water the pet								_____
Dirty clothes in the hamper								_____
Homework / reading time								_____
Write your own _____								_____
Write your own _____								_____
Write your own _____								_____

My Star Bank

color one star for every job you finish



My Reward Goal

set it together with a grown-up

When I earn _____ stars, my reward is _____

A stretch goal I'm saving my stars for: _____

Helping out is how a family takes care of each other. Every little job counts, and so do you!

Chores by Age

Pick a few that fit your child, build the chart on page 1.

CHILD _____

AGE _____

Age-appropriate ideas to choose from. Start small, one or two new jobs at a time works best.

PAGE 2 OF 2

Ages 2-3

little helpers

- ☐ Put toys in the bin
- ☐ Fill the pet's food bowl
- ☐ Dust with a clean sock mitt
- ☐ Put clothes in the hamper
- ☐ Stack books on the shelf
- ☐ Wipe up small spills

Ages 4-5

big kid jobs

- ☐ Make the bed (a little help is fine)
- ☐ Set napkins & forks on the table
- ☐ Water the plants
- ☐ Match clean socks
- ☐ Feed pets with a scoop
- ☐ Clear their plate to the sink

Ages 6-8

on my own

- ☐ Pack backpack & lunchbox
- ☐ Sweep the kitchen floor
- ☐ Fold & put away laundry
- ☐ Take out the recycling
- ☐ Wipe the bathroom sink
- ☐ Make a simple snack

Ages 9-12

team player

- ☐ Load & unload the dishwasher
- ☐ Vacuum a whole room
- ☐ Take out the trash
- ☐ Help cook or prep dinner
- ☐ Clean & organize their room
- ☐ Bring in the mail & sort it

Reward Ideas

screen-free wins kids actually love

- ☐ Pick the family movie
- ☐ Choose what's for dinner
- ☐ A trip to the park or library
- ☐ A "skip one chore" free pass
- ☐ Stay up 20 minutes later
- ☐ One-on-one time with a parent
- ☐ Extra story at bedtime
- ☐ Invite a friend to play

How Our Chart Works

- 1 Choose the jobs.** Pick 3-6 chores from the lists above and write them on page 1 together.
- 2 Do & check.** Each day, color a circle for every job finished, no reminders needed once it's a habit.
- 3 Earn stars.** A finished job earns a star. Color one in the Star Bank and watch them add up.
- 4 Celebrate.** Hit the star goal and unlock the reward, then start a fresh chart next week.

Notes & reminders

CHORES CHOSEN

STARS THIS WEEK

STAR GOAL

REWARD EARNED?