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Name

Week of

Kids Chore Chart

Write up to eight jobs. Tick the box each day a job is done, add up the ticks in the points column, and swap points for the reward you agreed.

My jobs	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Points
Make my bed	☐	☐	☐	☐	☐	☐	☐	
Feed the pet	☐	☐	☐	☐	☐	☐	☐	
Tidy my toys	☐	☐	☐	☐	☐	☐	☐	
Set the table	☐	☐	☐	☐	☐	☐	☐	
Clothes in the basket	☐	☐	☐	☐	☐	☐	☐	
_____	☐	☐	☐	☐	☐	☐	☐	
_____	☐	☐	☐	☐	☐	☐	☐	
_____	☐	☐	☐	☐	☐	☐	☐	

My reward

Points needed

_____

Total this week

_____

Pick jobs they can finish alone. Praise the effort, not just the tick.

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Chore ideas by age

Tick the jobs that fit your child, then copy them onto the weekly chart. Start with two or three; add one more each month.

Ages 3 to 5

- [ ] Put toys in the box
- [ ] Put clothes in the basket
- [ ] Feed the pet (with help)
- [ ] Wipe up small spills
- [ ] Match socks
- [ ] Water a plant

Ages 6 to 8

- [ ] Make the bed
- [ ] Set and clear the table
- [ ] Sort the recycling
- [ ] Tidy the bedroom
- [ ] Help put shopping away
- [ ] Fold towels

Ages 9 to 12

- [ ] Load the dishwasher
- [ ] Vacuum one room
- [ ] Take the bins out
- [ ] Make a simple breakfast
- [ ] Clean the bathroom sink
- [ ] Change bed sheets

Teens

- [ ] Do own laundry
- [ ] Cook one meal a week
- [ ] Clean the bathroom
- [ ] Mow or sweep outside
- [ ] Plan a meal and its shopping
- [ ] Help a younger sibling

Every child can help. The job just has to fit the age.

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Reward menu

Agree on the rewards together before the week starts. Points from the chart can be saved up for a bigger reward.

10 pts For example: pick the bedtime story

20 pts For example: 20 extra minutes of play

30 pts For example: choose Friday dinner

50 pts For example: a trip to the park with a friend

100 pts For example: a small toy or a book

Rules we agreed

Choose rewards that are time together, not only things.

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Month

Monthly chore chart

Four weeks on one page for families who like to see the whole month. Write four jobs, tick a box for each day done.

Week 1

	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Week 2

	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Week 3

	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Week 4

	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Consistency beats big effort.

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Job cards

Cut out the cards. Kids pick their jobs from a jar each morning, or you stick them on the fridge. Four blank cards for your own jobs.

Make bed

____ points

Tidy toys

____ points

Feed pet

____ points

Set table

____ points

Laundry in

____ points

Water plants

____ points

Help cook

____ points

Sweep

____ points

_____

____ points

_____

____ points

_____

____ points

_____

____ points

✂ Cut along the dashed lines.

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