

# Chore Chart

	Chore: -----							
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

# How to Use a Chore Chart

Chore charts are a very helpful way to organize your child's responsibilities. They are a great visual reminder and help to make expectations clear. You can use a chore chart for most any age. Write your child's chores in the boxes across the top of the chart.

## Examples for younger children could be

Make bed

Pick up toys

Set the table

## Examples for older children could be:

Mow the lawn

Clean the bathroom

Do the dishes

When your child finishes a chore, let them place a star, sticker, checkmark, or smiley face in the box that corresponds with the correct day of the week. Set a goal for how many stickers or checkmarks your child needs to earn each day. When your child reaches that goal for the day he/she will earn a privilege or a reward.

## Examples of privileges and rewards:

Playing a game or reading a book with mom or dad

Earning TV or video game time

## THINGS TO KEEP IN MIND:

- The chart should be kept in a readily accessible and visible place—this helps your child remember to follow it. The front of the refrigerator is a good example, especially if other members of the family will be involved.
- Set realistic goals for your child. Make sure the chores are age appropriate and your child has a chance to be successful.
- It might take some trial and error to set a goal for your child. If he/she is never earning their privilege or reward, then it is not going to work. You want your child to stretch a little to earn the privilege or reward, but you want him/her to have days where he/she does earn it.
- Long term rewards can work, but they might not be enough of an incentive for younger children. Waiting the whole week to earn a reward might feel like a very long week. If your child has a hard Tuesday, what is her incentive to have a better Wednesday? You might set a longer term goal in addition to a daily goal. Maybe after a certain number of good weekdays or after a total number of stars are earned, that earns an additional reward on the weekend.
- This incentive chart shouldn't be used as a consequence. Kids shouldn't lose checkmarks or stickers. If they are not making good choices, then they simply don't earn that star or sticker and they will have to try harder.

## ADDITIONAL INFORMATION

Search [EmpoweringParents.com](https://www.empoweringparents.com) for related articles about Accountability and Responsibility.

# Chore Chart

	Chore: Make bed	Chore: Pick up clutter	Chore: Clothes in hamper	Chore: Clear own dishes	Chore: Load dishwasher	Chore: Take out trash	Chore:	Chore:
Monday		✓	✓	✓	✓			
Tuesday	✓	✓		✓		✓		
Wednesday	✓		✓	✓				
Thursday		✓		✓	✓	✓		
Friday	✓		✓		✓	✓		
Saturday	✓	✓	✓	✓		✓		
Sunday	✓	✓	✓	✓	✓	✓		

SAMPLE