Weekly Chore Chart for Adults

Every chore has a points price. Tick it the day you do it, add up the week, and spend the points on rewards you priced in advance. Stuck? Set a 10-minute timer and clean anything: when it rings, you've earned the points.

Week of: _____

Chore	Points	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week
Make the bed	2								
Do the dishes or load the dishwasher	5								
Wipe the kitchen counters	5								
Take the bins out	5								
A load of laundry, washed and put away	10								
Vacuum	10								
Clean the bathroom	20								
Change the sheets	15								
Clean the fridge or the oven	30								
Points earned									

Full-week bonus (+20 to 30 points) when all of these happened: _____ every day, _____, _____. Missed a day? You just don't earn that day's points; never take back what you've saved.

Reward menu (priced in the same points)

Small
10–30 points

_____ points
_____ points
_____ points

Medium
50–100 points

_____ points
_____ points
_____ points

Big
200+ points

_____ points
_____ points

Saved from last week: _____ + this week: _____ – spent: _____ = balance: _____