

Division of Household Labor

CHOOSE A TASK, PLAN, ORGANIZE, BE 100% RESPONSIBLE FOR IT

	NUTRITION	LIVING ROOM & BEDROOMS	HOME MAINTENANCE	EXTENDED FAMILY	AUTOMOBILES
Daily	<ul style="list-style-type: none"> • Plan/Prep Breakfast • Plan/Prep/Pack Kids' school lunches • Prepare Dinner 	<ul style="list-style-type: none"> • Make bed • Put dirty laundry in baskets • Take dirty dishes to the kitchen • Throw away trash • Put toys away 	<ul style="list-style-type: none"> • Purchase home goods/supplies • Water lawn & plants 	<ul style="list-style-type: none"> • Aging parents 	<ul style="list-style-type: none"> • Ensure adequate fuel
Weekly	<ul style="list-style-type: none"> • Meal plan • Grocery shop: coupons, points • Meal prep 	<ul style="list-style-type: none"> • Organize toys • Change sheets • Clean off surfaces • Sweep floor/Vacuum • Wash throw blankets 	<ul style="list-style-type: none"> • Mow the lawn • Gardening, pruning 	<ul style="list-style-type: none"> • Parents & In-laws • Phone calls • Spiritual community 	<ul style="list-style-type: none"> • Clean out trash • Wipe down any spills • Clean out carseats
Monthly or Quarterly	<ul style="list-style-type: none"> • Find new recipes to try 	<ul style="list-style-type: none"> • Wipe off photo frames & nick-nacks • Dust 	<ul style="list-style-type: none"> • General home maintenance 	<ul style="list-style-type: none"> • Collect photos, keepsakes and store/organize 	<ul style="list-style-type: none"> • Check tire pressure
Bi-Annually or Annually	<ul style="list-style-type: none"> • Organize lists of recipes: quick/easy, favorites, inexpensive 	<ul style="list-style-type: none"> • Wash curtains • Wipe down blinds • Clean windows & sills • Clean light fixtures & ceiling fans 	<ul style="list-style-type: none"> • Change HVAC filters • Winterize 	<ul style="list-style-type: none"> • Holidays <ul style="list-style-type: none"> ◦ Gift buying ◦ Scheduling 	<ul style="list-style-type: none"> • Change oil • Replace wipers, filters • Auto insurance
As Needed	<ul style="list-style-type: none"> • Address new dietary needs: gluten, dairy, vegan/vegetarian, allergies 	<ul style="list-style-type: none"> • Clean out closet • Clean under bed • Remove sofa cushions & vacuum • Throw out old/damaged clothes 	<ul style="list-style-type: none"> • Address storm damage • Replace anything worn/broken • Address major repairs 	<ul style="list-style-type: none"> • Graduations • Weddings, Births • Funerals 	<ul style="list-style-type: none"> • Replace tires • Major repairs