

# DAILY CHORES CHECKLIST FOR TEENS

## MORNING ROUTINE

- Wake up at a consistent time.
- Make your bed neatly.
- Get dressed in clean clothes.
- Brush your teeth and use dental floss.
- Wash your face with a gentle cleanser.
- Comb or style your hair.
- Eat a healthy breakfast.
- Pack your school lunch (if needed).
- Leave for school or start remote learning.

## AFTER-SCHOOL RESPONSIBILITIES

- Complete your homework or study for upcoming tests.
- Participate in a physical activity or exercise (e.g., walking, jogging, sports).
- Assist with any household chores assigned for the day (e.g., vacuuming, laundry, pet care).
- Spend quality time with family members or engage in bonding activities.
- Help set the table for dinner.
- Clear your dinner plate and wash dishes or load the dishwasher.
- Assist with dinner preparation as needed.

## EVENING ROUTINE

- Help with household cleanup and tidying up common areas.
- Organize your backpack and belongings for the next school day.
- Complete any remaining homework or assignments.
- Prepare your school bag, ensuring you have all the necessary materials.
- Set goals for the week or plan upcoming tasks or projects.
- Wind down and relax with some leisure activities.
- Read a book, listen to music, or watch a favorite TV show.
- Prepare for bedtime by brushing teeth, washing face, and getting into pajamas.
- Go to bed on time to ensure enough rest for the next day.