

# WEEKLY CHORE CHART

## FOR A STAY AT HOME MOM

[www.knockonmotherhood.com](http://www.knockonmotherhood.com)

### MONDAY

#### KITCHEN

*Mopping • Sweeping • Oven • Clean out old food/leftovers • Clean out sink • Clean off counter • Microwave*

### TUESDAY

#### LAUNDRY-CLOTHES/SHEETS

*Every other week wash bedsheets • Kids clothes • Work clothes • Underwear • Pajamas*

### WEDNESDAY

#### BATHROOMS

*Mopping • Sweeping • Clean tub • Clean sink • Clean counters • Clean mirror*

### THURSDAY

#### LAUNDRY-TOWELS

*Wash bath & kitchen towels • Replace towels with clean ones*

### FRIDAY

#### ROOMS (LIVING, KIDS ROOMS, ROOM)

*Vacuum • Dust • Organize rooms*

### DAILY

#### TIDYING UP

*Sweep/Mop/Vacuum as needed • Tidy up at end of the day • Clean spills and messes as they occur*