Teen responsibilities

Daily, weekly and monthly

KUDOZ

Every day

- [ ] Bed made, room picked up
- [ ] Dishes in the dishwasher
- [ ] Kitchen after one meal
- [ ] Trash and recycling out
- [ ] Own lunch and bag ready
- [ ] Pet fed and walked

Every week

- [ ] Laundry: wash, dry, fold, put away
- [ ] Change sheets and towels
- [ ] Clean the bathroom
- [ ] Vacuum shared spaces
- [ ] Cook one family meal
- [ ] Grocery list or grocery run

Every month

- [ ] Clean out the fridge
- [ ] Wash the car
- [ ] Clean windows and mirrors
- [ ] Deep-clean their room
- [ ] Sort clothes that don't fit

Life skills

- [ ] Plan a week of meals
- [ ] Read a recipe and shop for it
- [ ] Book an appointment
- [ ] Iron a shirt
- [ ] Sew on a button
- [ ] Budget their own money

Agree on the deadline, let them choose the time. "Done by Sunday 6 pm" beats "do it now".