

| Chores | Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|----------------------------|------------|------------|------------|------------|-------------|------------|------------|
| Eat breakfast | | | | | | | |
| Take meds | | | | | | | |
| Pick up backyard | | | | | | | |
| Take out recycling | | | | | | | |
| Take out garbage | | | | | | | |
| Wash/dry/fold laundry | | | | | | | |
| Make bed | | | | | | | |
| Eat Lunch | | | | | | | |
| Wash bedding | | -- | -- | -- | -- | -- | -- |
| Clean bathroom | -- | -- | -- | | -- | -- | -- |
| Change dog water | | | | | | | |
| Read | -- | | | | | | -- |
| Write | -- | | | | | | -- |
| Exercise | -- | | | | | | |
| Practice | -- | | | | | | -- |
| | | | | | | | |
| Extra Chores | | | | | | | |
| shred paper | | | | | | | |
| write Spanish words for OT | | | | | | | |
| | | | | | | | |
| Pick 2 activities #1 (P2A) | | | | | | | |
| Pick 2 activities #2 (P2A) | | | | | | | |

This is a list made for my teenage son to help him keep track of what he did each day and what was left to do. He did not like having a schedule made for him, but had difficulty with knowing what to do or remembering his daily responsibilities. This was created to allow him to be independent in the planning of his day and problem solving for time management. The symbol (--) means he has a day off from that chore. Extra chores were options for him to complete in lieu of 1 of the P2A. Each day he wrote the number of the activity he chose to do for each of the P2A. He was not supposed to repeat any of the P2A from the list in the same week; however, he was allowed to repeat them in a different week. (So he couldn't do the same activity twice in a week, but could choose the same activity more than once during the summer.) You can alter chores and extra chores however you like to accommodate for your teen.