

# Free Printable Family Chore Chart by Age

*The Age-by-Age Chore Ladder — Toddler through Teen, Plus the Whole Family*

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## WHAT IS THE AGE-BY-AGE CHORE LADDER?

This printable is built on one framework: the **AGE-BY-AGE CHORE LADDER**

. Each rung holds tasks matched to what children can genuinely do at that developmental stage. As a child grows, they step up one rung. Habits from the rung below stay. Two or three new tasks are added at the top. Inside this PDF you have six charts: one per rung, plus a whole-family version that puts adults on the list too. Print only the pages you need. Laminate and reuse weekly with a dry-erase marker, or print fresh each Monday.

## WHAT IS IN THIS PDF

Page	Age Group	Ladder Rung	Format
2	Toddlers, Ages 2–3	Rung 1	Daily grid + weekly task + reward spots
3	Pre-K & Kindergarten, Ages 4–5	Rung 2	Daily grid + weekly tasks + reward spots
4	Early Elementary, Ages 6–8	Rung 3	Daily grid + weekly tasks + 7-day streak tracker
5	Tweens, Ages 9–11	Rung 4	Daily grid + weekly tasks + allowance tracker
6	Teens, Ages 12–18	Rung 5	Weekly responsibility list + screen time unlock
7	Whole Family (Adults Included)	All Rungs	Daily + weekly + monthly by household member
8	Bonus: 4-Week Reward Tracker	—	Sticker spots + allowance lines, all ages

## HOW TO USE THIS PRINTABLE

### Step 1 — Choose Your Pages

Print only the pages that match the ages in your household. A family with a 5-year-old and a 13-year-old prints pages 3 and 6. Add page 7 for a household-wide view.

### Step 2 — Print and Display

Print on US Letter paper (8.5 x 11 in). For weekly reuse, laminate and use a dry-erase marker. Or slide into an IKEA RIBBA frame and write on the glass.

### Step 3 — Fill In the Name and Week

Write the child's name and the Monday date at the top of each chart before the week begins. Do this together with your child on Sunday evening.

### Step 4 — Set the Reward

Fill in the reward line at the bottom of each chart before the week starts. Agree on it together. Sticker spots, allowance tracker, and screen time unlock are included on each page.

**PRINT TIP**

Use 65 lb. cardstock for laminating. Standard copy paper works fine for weekly reprints. Print in color for the full palette, or black and white to save ink. Both versions work as dry-erase charts.

# My Chore Chart

Ages 2-3 | Goal: participation, not perfection

RUNG 1

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## DAILY TASKS — CHECK OR STICKER EACH DAY

My Job	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Put my toys in the bin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carry my plate to the sink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wipe up my spills with a cloth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## WEEKLY TASK

Help sort laundry by color (put lights in one pile, darks in another)	<input type="radio"/>
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## MY REWARD TRACKER — PLACE A STICKER EACH DAY YOU FINISH ALL YOUR JOBS

STICKER SPOTS

Mon Tue Wed Thu Fri

STICKERS = \_\_\_\_\_

## PARENT NOTE — RUNG 1

Keep tasks to under two minutes each. Toddlers build the habit of helping, not the habit of perfection. Do the task alongside them for the first two weeks. Say the task out loud as they do it: "You are putting the toys in the bin!" Verbal confirmation reinforces the loop.

# My Chore Chart

Ages 4–5 | Pre-K & Kindergarten | Rung 2 tasks build on Rung 1

RUNG 2

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## DAILY TASKS — CHECK OR STICKER EACH DAY

My Job	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Feed the pet (scoop is pre-measured)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clear my dinner spot and carry my cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water the plant (with my small watering can)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put my shoes in their spot by the door	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## WEEKLY TASKS

Match and pair socks from the laundry basket	<input type="radio"/>
Dust low surfaces (coffee table, low shelves) with a dry cloth	<input type="radio"/>

## MY STICKER REWARD TRACKER

STICKER SPOTS

Mon Tue Wed Thu Fri

STICKERS = \_\_\_\_\_

## PARENT NOTE — RUNG 2

If your child cannot read yet, add a small hand-drawn picture or printed photo icon beside each task. IKEA Trofast bins with photo labels pair well with this chart. Rung 2 children can follow a three-step sequence without step-by-step coaching by the end of the first month.

# My Chore Chart

Ages 6–8 | Early Elementary | Real contributions start here

RUNG 3

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## DAILY TASKS — CHECK EACH DAY WHEN DONE

My Job	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make my bed before breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Load or unload the dishwasher	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweep the kitchen floor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put dirty clothes in the hamper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## WEEKLY TASKS

Fold and put away simple laundry (towels, t-shirts, socks)	<input type="radio"/>
Wipe the bathroom sink and counter	<input type="radio"/>
Vacuum my bedroom	<input type="radio"/>

## MY 7-DAY STREAK TRACKER — COLOR IN A CIRCLE FOR EVERY FULL DAY COMPLETED

THIS WEEK



7-DAY STREAK REWARD = \_\_\_\_\_

## PARENT NOTE — RUNG 3

Six-year-olds respond well to streak momentum. Seven consecutive days earns a small non-monetary reward: a movie pick, extra story time, or staying up 20 minutes later on Friday. Post this chart at their eye level so they can check it without asking you.

# My Chore Chart

Ages 9–11 | Tweens | Full room care starts at this rung

RUNG 4

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## DAILY TASKS

My Responsibility	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pack my own lunch for school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take out the trash when it is full	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wipe down kitchen counters after dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tidy my bedroom before bed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## WEEKLY TASKS

Vacuum at least one full room	<input type="radio"/>
Scrub the bathroom (toilet, sink, and mirror)	<input type="radio"/>
Change my bed sheets and put old ones in laundry	<input type="radio"/>
Help unload groceries and put items away	<input type="radio"/>

## WEEKLY COMPLETION + ALLOWANCE TRACKER

DAYS COMPLETE       WEEKLY ALLOWANCE = \$ \_\_\_\_\_

AMOUNT EARNED = \$ \_\_\_\_\_

### PARENT NOTE — RUNG 4

Tweens respond to fairness, not authority. Show them the Family Chore Chart (page 7) with every person's tasks visible side by side, including yours. Then offer them two options for what to take on this week. That small choice makes follow-through measurably better. Tie allowance to the week's full completion rate, not to individual tasks.

# My Weekly Responsibilities

Ages 12–18 | Teens | Own a system, not just a task

RUNG 5

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## WEEKLY RESPONSIBILITY LIST — CHECK OFF WHEN COMPLETE

Responsibility	Frequency	Done
Do my own laundry (wash, dry, fold, and put away)	2x per week	<input type="radio"/>
Deep-clean my bedroom (floor, desk, shelves, under bed)	1x per week	<input type="radio"/>
Cook one household dinner (plan, shop list, cook, clean up)	1x per week	<input type="radio"/>
Fully clean the bathroom I use (toilet, sink, mirror, floor)	1x per week	<input type="radio"/>
Take out all household trash and replace bags	As needed	<input type="radio"/>
Vacuum or sweep my assigned household area	2x per week	<input type="radio"/>
Help with grocery unloading and put-away	Each shop	<input type="radio"/>
<i>My additional responsibility this week:</i>	Custom	<input type="radio"/>

## SCREEN TIME UNLOCK TRACKER

Daily Responsibilities Complete?	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Screens unlock after responsibilities done	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SUNDAY BACKPACK RESET CHECKLIST — COMPLETE EVERY SUNDAY EVENING

Empty backpack, remove old papers and trash	<input type="radio"/>
Check all weekly responsibilities are marked done	<input type="radio"/>
Lay out clothes for Monday morning	<input type="radio"/>
Pack bag for Monday (books, charger, gym clothes if needed)	<input type="radio"/>

WEEKLY ALLOWANCE = \$ \_\_\_\_\_ TASKS COMPLETED:

\_\_\_\_\_ / 8 AMOUNT EARNED = \$ \_\_\_\_\_

# Family Chore Chart

Every Person, Every Task | Adults and Kids Together | Review Monthly

ALL RUNGS

Week of:

Month reviewed:

Write each family member's name in the header row. Check off tasks as they are completed each day or week. Review together at the end of each month and adjust as schedules change.

## DAILY HOUSEHOLD TASKS

Daily Task	Person 1	Person 2	Person 3	Person 4	Person 5
Make your bed / tidy sleeping space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clear your own dishes after every meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tidy your personal space before bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put shoes and bags in their assigned spot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WEEKLY HOUSEHOLD TASKS

Weekly Task	Person 1	Person 2	Person 3	Person 4	Person 5
Vacuum or sweep assigned area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean bathroom (assigned bathroom)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do assigned laundry (wash, fold, put away)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trash + recycling out on collection day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook one household meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grocery shop or assist with put-away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe down kitchen counters and appliances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## MONTHLY TASKS

Monthly Task	Person 1	Person 2	Person 3	Person 4	Person 5
Deep-clean refrigerator and pantry shelves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Review family chore chart and reassign as needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe baseboards and light switch plates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Week 4

