

ADHD chore chart

15 to 30 minutes a day: a tiny daily reset plus one zone. Tick the box when it's done. The bad-week version counts.

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily reset 2 or 3 tiny things, every day: _____ _____ _____	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Today's zone Cross out and write your own if it doesn't fit	☐ Kitchen reset Benches, sink, run the dishwasher <i>Bad week: Dishes only</i>	☐ Bathroom Toilet, sink, mirror, swap the towel <i>Bad week: Toilet only</i>	☐ Laundry One load, start to finish (put away counts) <i>Bad week: Wash one load</i>	☐ Floors Vacuum the main room and hallway <i>Bad week: Clear the floor of stuff</i>	☐ Bins + fridge Bins out, toss old food <i>Bad week: Bins out</i>	☐ Bedroom + sheets Change sheets, clear the chair <i>Bad week: Make the bed</i>	☐ Reset + plan Drop zone, meal plan, look at next week's chart <i>Bad week: Look at next week's chart</i>
Who? For shared homes: one owner per chore, start to finish							
Extra chore Anything that's due this week	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____

The ADHD rules

1. Cap it. 15 to 30 minutes a day beats one huge clean (our rule of thumb).
2. One zone a day, so the weekend stays free.
3. Bad week? Do the bad-week version and tick it. It counts.
4. Fell behind? Don't catch up. Start again with today's zone.
5. Sunday: 10 minutes to look at next week and swap what didn't work.

Monthly chores (one a week)

Week 1 _____

Week 2 _____

Week 3 _____

Week 4 _____

Can't choose? Roll a dice

1. Put away 10 things
2. Wipe the kitchen benches
3. Empty one bin
4. Load or unload the dishwasher
5. Clear one surface
6. Start a load of laundry