Chore chart for the fridge

Write each chore once, with how long it takes and what done looks like. Dot the days you plan to do it, tick it when it's done. Blank boxes are information, not a verdict. Keep it where you'll walk past it.

Week of _____ **Lives on (fridge, closet door)** _____ **Daily reset is tied to: After I** _____

Chore	MIN	Done looks like	M	T	W	T	F	S	S
Every day									
Trash pass, worst room	5	Bag tied and by the door	☐	☐	☐	☐	☐	☐	☐
Laundry pass	5	No clothes on the floor or chair	☐	☐	☐	☐	☐	☐	☐
Dishes to the sink	3	No mugs on the desk or nightstand	☐	☐	☐	☐	☐	☐	☐
Kitchen reset	10	Counter clear, sink empty or soaking	☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐
TWICE A WEEK (pick the days, dot them)									
Zone: bathroom basics	10	Trash out, towel swapped, TP stocked	☐	☐	☐	☐	☐	☐	☐
Zone: kitchen counters	15	Wiped, nothing that lives elsewhere	☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐
Weekly									
Change the sheets	15	Clean set on, old set in the wash	☐	☐	☐	☐	☐	☐	☐
Trash and recycling out	5	Bins out the night before pickup	☐	☐	☐	☐	☐	☐	☐
Open the dated bag	10	Everything homed, tossed or donated	☐	☐	☐	☐	☐	☐	☐
Donate bag out of the house	5	In the car or dropped off	☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐
Monthly									
Declutter one category	15	One drawer or shelf, keep what fits	☐	☐	☐	☐	☐	☐	☐
			☐	☐	☐	☐	☐	☐	☐

• planned ✓ done → moved Minutes are our rough guesses. Time yours once and fix them.

How it works

Five rules

- ☐ Cross out our examples that don't fit. Add yours.
- ☐ Dot the planned days at the start of the week.
- ☐ Tick when done. Arrow if it moved.
- ☐ Missed a day? Skip it and do today's. No doubling up.
- ☐ Sunday: copy what you're keeping onto a fresh sheet.

Low battery

Under 5 minutes

The chores you can still do on a bad day.

_____

_____

_____

_____

_____

_____

_____

Only while cleaning

Saved for chores

A podcast or playlist you only allow during chores.

_____

Sunday check

This week

_____ of _____ boxes ticked

Keeps getting arrows:

_____

Make it shorter, move its day, or drop it.

Who does each chore, and who notices it

For a partner or housemates. Fill it in together once, in about 20 minutes, using initials. Every chore gets a name in all four middle columns, not only "does it." Then check in for 10 minutes a week.

A: B: C: Check-in day and time:

Chore	How often	Notices spots it's needed	Decides how, when, what	Does it	Checks it got done	Reminder set	Done looks like
Groceries	weekly					☐	
Toilet paper, soap, basics						☐	
Bills and rent	monthly					☐	
Trash night	weekly					☐	
Bathroom clean						☐	
						☐	
						☐	
						☐	
						☐	
						☐	
						☐	

Why four columns

The half of housework nobody sees

Sociologist Allison Daminger interviewed 70 people in 35 couples. Besides the physical chores, she described a thinking part made of anticipating needs, finding options, deciding, and checking how it went. It was often invisible, even to the person doing it, and a frequent source of conflict (Daminger, 2019). Her study wasn't about ADHD. Putting it in columns is our idea.

The invisible ones

Chores nobody wrote down

Birthdays and gifts, appointments, returns, plants, pet stuff, the fridge clean-out. Give each one a row above.

Weekly check-in

Ten minutes, same time

- ☐ What got missed? Swap it or shrink it. No blame.
- ☐ Anything new come up? Add a row.
- ☐ Anyone overloaded this week? Move one chore.
- ☐ Reminders still set for every chore you own?

Swap the worst chores every _____ weeks.

Own the whole chore.

Notice it, decide, do it, check it. "Just ask me" leaves the noticing with someone else.

Write the standard down.

"Done looks like" settles "is that clean?" before anyone has to argue about it.

Phone, not partner.

If noticing is the part your brain drops, a repeating reminder does the nagging, not a person.