

TEEN DAILY RESPONSIBILITY TRACKER

WEEK OF: _____ NAME: _____

DAILY TASK

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Morning Routine

Bed made & Room Tidy

Personal Hygiene / Grooming

Afternoon / Academic

Homework & Study Session

Backpack / Gym Bag Prep

Household Contribution

DAILY TASK

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Kitchen Cleanup / Dishwasher

One Load of Laundry

Trash / Recycling Out

WEEKLY GOALS / REWARDS

PARENT NOTES