

INDEPENDENT LIVING SKILLS: WEEKLY CHORE TRACKER

WEEK OF:

GOAL:

ESSENTIAL TASK

M T W T F S S

Kitchen & Nutrition

Meal Planning & Grocery List

Dishes & Sink Sanitization

Home Maintenance

Laundry (Wash, Dry, Fold, Put Away)

Trash Removal & Recycling

Surface Dusting & Vacuuming

Personal & Financial Admin

Mail Sorting & Bill Review

Personal Budget Update

ACHIEVEMENTS & NOTES