

MIDDLE SCHOOLER'S DAILY RESPONSIBILITIES

Morning

- Hygiene: Brush your hair
- Hygiene: Wash your face
- Chore: Clear dishes to machine (or sink, **ONLY** if machine is clean) after each meal

Evening *before gaming or cell phone entertainment (except oral hygiene)*

- Duolingo **Spanish** practice (three levels or 15 minutes)
- Practice music (20+ min. piano or drum)
- Chore: Replace any dirty placemats/napkins/tablecloth in kitchen; clean up all crumbs on table
- Chore: Sweep or vacuum kitchen by **7 PM**
- Hygiene: Shower, wash face, (or soak if Saturday), then apply cream (daily) & medication (as scheduled)
- Hygiene: Brush & floss teeth, WaterPik, mouth rinse

TASKS OF THE DAY:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Carry all dirty laundry in bedroom to 3 rd floor <i>(sort what you can)</i>	Shelve ALL kid books on main floor of house <i>(desk, dining table, bedroom, tops of bookcases, etc.)</i>	Empty trash cans & carry recycling to foyer <i>(from 3rd floor)</i>	Pick up stuff from living room floor to prepare for vacuuming	Disinfect doorknobs & light switches	Clean kitchen counters, faucet & fridge handles, and all cabinet knobs	After breakfast, do dishes
Dust <i>(with hand mitt & vacuum brush attachment)</i> windowsills & surfaces in kids' room	Dust <i>(with hand mitt & vacuum brush attachment)</i> windowsills & bookcases in great room	Empty trash cans in powder room & workroom <i>(from 2nd floor)</i>	Dust <i>(with hand mitt & vacuum brush attachment)</i> shelves & surfaces in workroom, powder room & kitchen	Dust <i>(with hand mitt & vacuum brush attachment)</i> windowsills & surfaces of 3 rd floor bed & bath	Clean 3 rd floor bathroom counter <i>(remove every item on main counter during this task)</i>	Dust <i>(with hand mitt & vacuum brush attachment)</i> windowsills & surfaces in mudroom, foyer, laundry room, gym
		Replace all trash can liners <i>with new bags!</i>	Clean microwave	Clean desk and put school supplies away	Clean 3 rd floor bathroom faucet & cabinet knobs	Put away any lingering clean dishes

Make dinner