**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:**

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

*Week ending _____/_____/2021*