Daily Chore Checklist for Adults

A 30-minute daily reset: morning, afternoon, and evening blocks.

Morning

- [ ] Make bed
- [ ] Wipe bathroom sink
- [ ] Start one load of laundry
- [ ] Empty dishwasher
- [ ] _____
- [ ] _____
- [ ] _____

Afternoon

- [ ] 10-minute tidy of one room
- [ ] Wipe kitchen counters
- [ ] Sort mail and papers
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Evening

- [ ] Load and run dishwasher
- [ ] Take out trash if full
- [ ] Reset living room
- [ ] Lay out tomorrow's essentials
- [ ] _____
- [ ] _____
- [ ] _____

Keep it to about 30 minutes total. A short list you finish beats a long list you avoid.