Starday

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Chores for Teens (Ages 13–16)

DAILY

- [ ] Make your bed — Every day
- [ ] Load or unload the dishwasher — Every day
- [ ] Wipe the kitchen counters after dinner — Every day
- [ ] 10-minute room tidy — Every day
- [ ] Feed or walk the pet — Every day

WEEKLY

- [ ] Take out the trash and recycling — Monday & Thursday
- [ ] Do your own laundry: wash, dry, fold — Wednesday
- [ ] Change your bed sheets — Sunday
- [ ] Clean the bathroom sink and toilet — Saturday
- [ ] Vacuum or mop a shared room — Saturday
- [ ] Cook one family dinner — Friday

LIFE SKILLS

- [ ] Plan the week’s groceries on a budget — Once a month
- [ ] Clean out the fridge — Once a month
- [ ] Iron a shirt or sew on a button — Learn once
- [ ] Phone to book your own appointment — Learn once

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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