Worked example - one name or initial in each square

Family chore rota

Week starting: Monday 16 November 2026

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Cook dinner	Sam	Alex	Sam	Alex	Takeaway	Sam	Alex
Wash up or load dishwasher	Leo	Mia	Leo	Mia	Leo	Mia	Leo
Empty dishwasher	Mia	Leo	Mia	Leo	Mia	Leo	Mia
Take out bins and recycling			Leo				Mia
Hoover living areas						Alex	
Laundry: wash and dry	Alex			Sam			Alex
Feed and walk pets	Mia	Leo	Mia	Leo	Mia	Leo	Mia
Shopping or food order						Sam	
Wipe kitchen surfaces	Leo	Mia	Leo	Mia	Leo		

Who is who Sam, Alex = adults. Leo and Mia = children

How to use this template

A rota for the whole household. Write who is doing each chore on each day, so jobs are shared and nobody has to ask.

1. **Agree the list.** Sit down together and add any chores missing from the list in the spare rows.
2. **Write a name or initial in each square.** Only fill in the days when that chore needs doing.
3. **Rotate.** Swap the names each week so no one is stuck with the same job.
4. **Tick off.** Draw a line through a name when the job is done.