|  |  |
| --- | --- |
|  | Name |

家事紀錄

Chore Records

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 星期一 | 星期二 | 星期三 | 星期四 | 星期五 | 星期六 | 星期日 |
| 刷牙，洗臉，換衣服，折棉被，綁頭髮 | X | X | X | X | X | X | X |
| 準備出門 －  點心，帽子，書 | X | X | X | X | X | X | X |
| 中晚餐－飯前整理桌子 | X X | X X | X X | X X | X X | X X | X X |
| 中晚餐－飯前端菜 | X X | X X | X X | X X | X X | X X | X X |
| 飯後收碗盤 | X X X | X X X | X X X | X X X | X X X | X X X | X X X |
| 折衣服－15分鐘 | X | X | X | X | X | X | X |
| 睡覺前15分－整理房間 | X | X | X | X | X |  | X |
|  |  |  |  |  |  |  |  |
| 選兩樣 － |  |  |  |  |  |  |  |
| 澆花 |  |  |  |  |  |  |  |
| 洗碗 |  |  |  |  |  |  |  |
| 拖地 一週一次 |  |  |  |  |  |  |  |
| 煮飯 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 整理車子 |  |  |  |  |  |  | X |
| 整理房間 |  |  |  |  |  | X |  |
|  |  |  |  |  |  |  |  |