

**Chores Checklist** ( goal: encourage functional independence through movement opportunities)

(adapted from Connie Johnson, PT, DScPT for SeekFreaks)

<b>Easiest</b>	<b>Moderate difficulty</b>	<b>Most difficult</b>
<input type="checkbox"/> Pick up toys	<input type="checkbox"/> Make own bed	<input type="checkbox"/> Load dishwasher
<input type="checkbox"/> Put books on a shelf	<input type="checkbox"/> Fold clothes	<input type="checkbox"/> Change light bulbs
<input type="checkbox"/> Feed pets	<input type="checkbox"/> Match socks	<input type="checkbox"/> Hang clean clothes
<input type="checkbox"/> Carry light items from the car to house	<input type="checkbox"/> Carry heavy items from car to house	<input type="checkbox"/> Move trash can from house to curb and back
<input type="checkbox"/> Put clothes in hamper	<input type="checkbox"/> Use hand held vacuum	<input type="checkbox"/> Clean most home areas
<input type="checkbox"/> Wash clothes	<input type="checkbox"/> Clear table after meal	<input type="checkbox"/> Dust furniture
<input type="checkbox"/> Set the table	<input type="checkbox"/> Empty dishwasher	<input type="checkbox"/> Clean/wipe off table
<input type="checkbox"/> Throw trash away	<input type="checkbox"/> Mop/sweep floors	<input type="checkbox"/> Hand wash dishes
<input type="checkbox"/> Sort recycling	<input type="checkbox"/> Water house plants	<input type="checkbox"/> Put groceries away
<input type="checkbox"/> Wipe up spills	<input type="checkbox"/> Pull out weeds	<input type="checkbox"/> Wash car