

The household chores list: all 68 jobs

Every job it takes to run a home, counted as whole responsibilities rather than single tasks. Print two copies, fill in the owner column separately, then compare. The rows you disagree on are the useful ones.



How to use it

1. Print one copy each and fill in the owner column on your own, before comparing.
2. Cross off anything that does not apply to your household. The list is deliberately longer than any one home needs.
3. Add up the minutes per person. A totals gap is far easier to talk about than a feeling.

	JOB	WHO OWNS IT	HOW OFTEN	MINS EACH
Inside · 21 jobs: the daily engine of the house				
1	Dishes		daily	~20 min
2	Meals — weekday dinners		weekdays	~30 min
3	Meals — weekend breakfast		weekends	~30 min
4	Weekend meals		weekly	~60 min
5	Meal planning		weekly	~15 min
6	Groceries		weekly	~60 min
7	Laundry		weekly	~60 min
8	Laundry — folding		weekly	~30 min
9	Cleaning		weekly	~120 min
10	Tidying & organising		weekly	~60 min
11	Home goods & supplies		weekly	~15 min
12	Home maintenance		weekly	~30 min
13	Home furnishings		monthly	~30 min
14	Inside plants		weekly	~15 min
15	Mail & admin		weekly	~15 min
16	Electronics & IT		monthly	~30 min
17	Storage & garage		monthly	~30 min
18	Hosting		monthly	~60 min
19	Memories & photos		monthly	~15 min
20	Pets		daily	~30 min
21	Family calendar & scheduling		weekly	~15 min
Outside · 6 jobs: beyond the front door				
22	Garbage & recycling		weekly	~15 min
23	Lawn & outside plants		weekly	~60 min
24	Car		monthly	~30 min
25	Packing & unpacking (travel)		monthly	~30 min
26	Travel		monthly	~60 min
27	Medical & health (adults)		monthly	~30 min
The Kids · 22 jobs: if you have them, they're most of the load				
28	Morning routine (kids)		daily	~60 min
29	Bedtime routine (weeknights)		weekdays	~30 min
30	Bedtime routine — weekends		weekends	~30 min a night
31	Middle-of-the-night comfort		weekly	~30 min

	JOB	WHO OWNS IT	HOW OFTEN	MINS EACH
32	Bathing & grooming (kids)		daily	~30 min
33	Nappies & toilet training		daily	~30 min
34	Packing & the nappy bag		weekly	~30 min
35	School & kinder runs		weekly	~30 min
36	After-school coordination		weekly	~60 min
37	School forms & admin		weekly	~15 min
38	Activities, lessons & lifts		weekly	~30 min
39	Playdates & kids' social life		weekly	~30 min
40	School holiday care & programs		monthly	~30 min
41	School lunches		weekdays	~15 min
42	Behaviour & screen time		daily	~15 min
43	Emotional wellbeing (kids)		weekly	~30 min
44	Homework & study support		daily	~30 min
45	Grandparents & childcare coordination		weekly	~30 min
46	Medical & health (kids)		monthly	~30 min
47	Dental (kids)		monthly	~15 min
48	First aid & safety		monthly	~15 min
49	Clothes & accessories (kids)		weekly	~30 min
Money · 4 jobs: low frequency, high stakes				
50	Money & finances		monthly	~30 min
51	Home purchase, mortgage & insurance		monthly	~60 min
52	Health insurance		monthly	~15 min
53	Estate planning		yearly	~30 min
The Good Stuff · 15 jobs: the reason the rest is worth running				
54	Social planning		weekly	~15 min
55	Weekend plans		weekly	~15 min
56	Marriage & romance		weekly	~30 min
57	Adult friendships		weekly	~15 min
58	Extended family		weekly	~15 min
59	Aging & elder-parent care		weekly	~30 min
60	Holidays & Christmas		monthly	~60 min
61	Birthday celebrations (kids)		monthly	~30 min
62	Gifts (family)		monthly	~30 min
63	Charity & community		monthly	~15 min
64	Spirituality		weekly	~15 min
65	Grooming & wardrobe		weekly	~15 min
66	Self care		weekly	~15 min
67	Partner coach		weekly	~15 min
68	Birth control		monthly	~15 min