



## 6 Week Schedule for Household Tasks

[PARENTS' NAMES]

### WEEK ONE

TASK	DATE / TIME	AMOUNT	PERSON RESPONSIBLE	NOTES
Clean Postpartum Mother's bathroom, bedroom, and bedside table	--/--/2022, --:-- AM/PM	1x / day	Name	Please follow the HCA guidelines for maintenance.
Family Laundry	--/--/2022, --:-- AM/PM	3x / week	Name	
Pet Care	--/--/2022, --:-- AM/PM	1x / day	Name	
Light Household Cleaning	--/--/2022, --:-- AM/PM	3x / week	Name	
Deep Household Cleaning	--/--/2022, --:-- AM/PM	1x / week	Name	
Caring for Older Children	--/--/2022, --:-- AM/PM	1x / day	Name	

### WEEK TWO

TASK	DATE / TIME	AMOUNT	PERSON RESPONSIBLE	NOTES
Clean Postpartum Mother's bathroom, bedroom, and bedside table	--/--/2022, --:-- AM/PM	1x / day	Name	Please follow the HCA guidelines for maintenance.
Family Laundry	--/--/2022, --:-- AM/PM	3x / week	Name	
Per Care	--/--/2022, --:-- AM/PM	1x / day	Name	
Light Household Cleaning	--/--/2022, --:-- AM/PM	3x / week	Name	
Deep Household Cleaning	--/--/2022, --:-- AM/PM	1x / week	Name	
Caring for Older Children	--/--/2022, --:-- AM/PM	1x / day	Name	

### WEEK THREE

TASK	DATE / TIME	AMOUNT	PERSON RESPONSIBLE	NOTES
Clean Postpartum Mother's bathroom, bedroom, and bedside table	--/--/2022, --:-- AM/PM	1x / day	Name	Please follow the HCA guidelines for maintenance.
Family Laundry	--/--/2022, --:-- AM/PM	3x / week	Name	

Per Care	--/--/2022, --:-- AM/PM	1x / day	Name	
Light Household Cleaning	--/--/2022, --:-- AM/PM	3x / week	Name	
Deep Household Cleaning	--/--/2022, --:-- AM/PM	1x / week	Name	
Caring for Older Children	--/--/2022, --:-- AM/PM	1x / day	Name	

**WEEK FOUR**

TASK	DATE / TIME	AMOUNT	PERSON RESPONSIBLE	NOTES
Clean Postpartum Mother's bathroom, bedroom, and bedside table	--/--/2022, --:-- AM/PM	1x / day	Name	Please follow the HCA guidelines for maintenance.
Family Laundry	--/--/2022, --:-- AM/PM	3x / week	Name	
Per Care	--/--/2022, --:-- AM/PM	1x / day	Name	
Light Household Cleaning	--/--/2022, --:-- AM/PM	3x / week	Name	
Deep Household Cleaning	--/--/2022, --:-- AM/PM	1x / week	Name	
Caring for Older Children	--/--/2022, --:-- AM/PM	1x / day	Name	

**WEEK FIVE**

TASK	DATE / TIME	AMOUNT	PERSON RESPONSIBLE	NOTES
Clean Postpartum Mother's bathroom, bedroom, and bedside table	--/--/2022, --:-- AM/PM	1x / day	Name	Please follow the HCA guidelines for maintenance.
Family Laundry	--/--/2022, --:-- AM/PM	3x / week	Name	
Per Care	--/--/2022, --:-- AM/PM	1x / day	Name	
Light Household Cleaning	--/--/2022, --:-- AM/PM	3x / week	Name	
Deep Household Cleaning	--/--/2022, --:-- AM/PM	1x / week	Name	
Caring for Older Children	--/--/2022, --:-- AM/PM	1x / day	Name	

**WEEK SIX**

TASK	DATE / TIME	AMOUNT	PERSON RESPONSIBLE	NOTES
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Clean Postpartum Mother's bathroom, bedroom, and bedside table	--/--/2022, --:-- AM/PM	1x / day	Name	Please follow the HCA guidelines for maintenance.
Family Laundry	--/--/2022, --:-- AM/PM	3x / week	Name	
Per Care	--/--/2022, --:-- AM/PM	1x / day	Name	
Light Household Cleaning	--/--/2022, --:-- AM/PM	3x / week	Name	
Deep Household Cleaning	--/--/2022, --:-- AM/PM	1x / week	Name	
Caring for Older Children	--/--/2022, --:-- AM/PM	1x / day	Name	