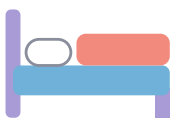
# My Day: Toddler Chart

Picture-only chart. Put a sticker on each circle when it is done!

Little Helpers Lab

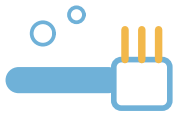
**Name:** _____ **Date:** _____



Help make bed



Get dressed



Brush teeth



Eat & clear plate



Toys in the bin



Clothes in basket



Wash hands



Story time

**When all my circles are full, I get:**

_____

**How did I do?**

# My Week: Ages 5-8

Check the box each day you finish a job

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**Name:** _____ **Week of:** _____

| CHORE | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| Make my bed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Get dressed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Brush teeth (AM + PM) | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Homework / reading | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tidy my room | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Set or clear the table | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Feed the pet | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Put laundry away | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Help with trash | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Pack my backpack | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| _____ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| _____ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

**My weekly goal:**

_____

**How did I do?**

☆ ☆ ☆ ☆ ☆

# 30-Day Sticker Tracker

One sticker for every day a goal is met

Little Helpers Lab

**Name:** _____ **Goal:** _____

| | | | | | |
|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 ★ | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 ★ | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 ★ |

**After 10 days I get:**

**After 30 days I get:**

# First 7 Days Cheat Sheet

A simple plan to start chores without the battles

Little Helpers Lab

**DAY 1**

### Pick your chart + 3 chores

Choose the chart for your child's age. Print it and hang it at their eye level.

**DAY 2**

### Teach chore #1

I do, we do, you do. Show it, do it together, then let them try alone.

**DAY 3**

### Teach chore #2

Same steps. Keep stickers or a pen close to the chart.

**DAY 4**

### Add a tiny reward

A sticker for each finished job. Praise the effort: "You put every block away!"

**DAY 5**

### Check in

What was easy? What was hard? Shrink any job that feels too big.

**DAY 6**

### Add chore #3

Add one more job, or keep it at 3 for a little longer. Both are fine.

**DAY 7**

### Celebrate the week

Count the stickers, choose a reward together and plan next week.

## Golden rules

- ★ Start with just 3 chores
- ★ Do chores at the same time each day
- ★ Praise effort, not perfection
- ★ Keep it light and fun

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**Want every age group, reward charts, chore cards and routines?**

Look for the full Chore Chart Kit (34 pages) from Little Helpers Lab.