



Over the summer holidays, think about the cleaning you do at home.

Perhaps you could help out with something you don't usually do.

Cross them off as you complete the log.

Washing	Making your bed	Laying the table
Preparing breakfast	Preparing lunch	Preparing dinner
Washing up or loading the dishwasher	Putting clean dishes away	Dusting
Hoovering	Taking out the recycling	Taking out the normal waste
Washing the car (if relevant)	Walking the dog (if relevant)	Cleaning the bathroom
Cleaning the kitchen sides	Watering the plants	What else do you do?