

TIME SPENT PERFORMING HOUSEHOLD & HOMEMAKING CHORES

ACTIVITY	FREQUENCY PER WEEK		AVERAGE DURATION		Any Comments?
	Before	After	Before	After	
Meal Preparation					
Setting Table					
Preparing Food					
Clearing Table					
Meal Cleanup					
Barbeque (in season)					
<i>Total Meal Preparation:</i>					
Indoor Cleaning					
Tidying Up					
Making Beds					
Laundry, ironing					
Dusting, vacuuming					
Floor Washing					
Cleaning Bathrooms					
Cleaning Appliances					
Wall Washing					
Basement Cleaning					
Garage Cleaning					
Washing Curtains					
Shampooing Carpets					
Other					
<i>Total Indoor Cleaning</i>					
Other					
Wallpapering					
Plumbing Repairs					
Gardening					
Deck Construction					
Fence Construction					
Snow Cleaning					
Pet Care					

<i>Total Other Cleaning/Home Repairs/Gardening</i>					
Shopping/Errands					
Daily Errands					
Major Food Shopping					
Financial Services					
Clothing Shopping					
Durable Goods					
Household Items					
<i>Total Shopping/Errands</i>					
Child Care					
Direct Child Care					
Skill Teaching					
Homework Helping					
Reading to Child					
Social Skills/Guidance					
Family Outings					
Unpaid Sitting					
Transportation					
<i>Total Child Care</i>					
Other					