家族のための家事分担表

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 曜日  家事項目 | | **月** | **火** | **水** | **木** | **金** | **土** | **日** |
| 食事 | 朝食 |  |  |  |  |  |  |  |
| 昼食 |  |  |  |  |  |  |  |
| 夕食 |  |  |  |  |  |  |  |
| 買い物 |  |  |  |  |  |  |  |
| 洗い物 |  |  |  |  |  |  |  |
| 掃除 | 掃除機かけ |  |  |  |  |  |  |  |
| お風呂 |  |  |  |  |  |  |  |
| トイレ |  |  |  |  |  |  |  |
| 玄関 |  |  |  |  |  |  |  |
| ゴミ捨て |  |  |  |  |  |  |  |
| 洗濯 | 洗濯機回す |  |  |  |  |  |  |  |
| 干す |  |  |  |  |  |  |  |
| とりこみ |  |  |  |  |  |  |  |
| たたむ |  |  |  |  |  |  |  |
| ふとん干し |  |  |  |  |  |  |  |
| アイロンかけ |  |  |  |  |  |  |  |
| その他 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |