

One-Week Chore Timing Log

Week beginning: _____ Use minutes. Label any estimates.

Scope = the exact job and finish line. Working = setup + hands-on + put-away.

Waiting and interruptions are separate. Do not double-count time that overlaps.

1. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

2. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

3. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

4. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

5. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

6. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

7. Date: _____ Chore / scope: _____
Setup: ____ Hands-on: ____ Put-away: ____ Working total: ____ min
Waiting: ____ Interruptions: ____ Start / finish: _____ / _____
Conditions / notes: _____

Follow labels and care instructions. Keep required contact times. Never race a cleaning task.

Choose Your Time Blocks

Compare the same scope. These are planning estimates, not performance targets.

1. Compare up to three chores

Chore and finish line: _____

Comparable working times: ____ / ____ / ____ min Provisional? ____

Chosen base: ____ + buffer: ____ = planned block: ____ min

Reason for buffer / separate waiting stage: _____

Chore and finish line: _____

Comparable working times: ____ / ____ / ____ min Provisional? ____

Chosen base: ____ + buffer: ____ = planned block: ____ min

Reason for buffer / separate waiting stage: _____

Chore and finish line: _____

Comparable working times: ____ / ____ / ____ min Provisional? ____

Chosen base: ____ + buffer: ____ = planned block: ____ min

Reason for buffer / separate waiting stage: _____

2. Fit the block into real life

Available window after meals, travel, caregiving and rest: _____

Job(s) that comfortably fit, including transitions: _____

Minimum version for a busy day: _____

Person responsible and a workable backup: _____

3. Review after one trial week

What fitted well? _____

What regularly overflowed? _____

One change to try next week: _____

Want practical routine and printable support? Explore the Cleaners Clubhouse.

www.cleanersclubhouse.com