CHECKLIST **My Home Ramp Bank**

Tick up to three ramps to try this week, and write where you'll post each one.

☐ Dishes. Posted at: _____

☐ Laundry. Posted at: _____

☐ Folding. Posted at: _____

☐ Making the bed. Posted at: _____

☐ Bathroom. Posted at: _____

☐ Floor clutter. Posted at: _____

☐ Trash and recycling. Posted at: _____

☐ Car interior. Posted at: _____

☐ Small repair. Posted at: _____

☐ Fridge. Posted at: _____

☐ My own chore: _____

My own chore's Step Zero: _____

My own chore's top of the ramp: _____

The ramp I walked this week, and how far I got: _____

Chore	Step Zero	Top of the ramp
Dishes	Turn on the hot tap	All the forks and cups are clean
Laundry	Put the detergent on top of the hamper	One load is in the machine
Folding	Dump the basket on the bed	All the socks are paired
Making the bed	Pull the top sheet straight	Pillows are on
Bathroom	Spray the sink	Sink and mirror wiped
Floor clutter	Pick up one item and hold it	One patch of floor is clear
Trash and recycling	Tie the bag closed	Bags are at the curb
Car interior	Open the passenger door	Front seats cleared
Small repair	Pick up the broken thing	Shopping list written
Fridge	Open the door and look	One shelf is clear

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