



HOMEMAKER TASK & ACTIVITIES ASSESSMENT

List your daily tasks and record how much time each one took. Add additional tasks in the blank rows provided.

Task / Activity	Time Spent
Nursing or feeding the baby	
Preparing meals / meal planning	
Cooking breakfast, lunch, dinner	
Washing dishes / unloading dishwasher	
General kitchen cleanup	
Laundry (washing, drying)	
Laundry (folding, putting away)	
Tidying common areas	
Deep cleaning tasks	
Taking out trash / recycling	
Paying bills / budgeting	
Grocery shopping	
Decluttering	
Homeschooling / helping with schoolwork	
Reading to the kids	
Spending intentional time with the children	
Playing with the kids	
Discipline / training moments	
Nursing nighttime feedings	
Night routines (kids)	
Bedtime routines (kids)	
Family devotions / prayer time	
Personal Bible study / prayer	
Exercise / movement	
Caring for pets	
Managing appointments	
Planning weekly schedule	
Ministry commitments	
Homemaking projects (organizing, decorating)	

Example Filled Assessment (sample mom of 4)

What I have going Morning routine	How long it takes
(breakfast, kids dressed) Homeschool	1 hr / day 3 hrs /
lessons (main instruction) Childcare /	day 2 hrs / day
toddler care (non-teaching) Meal planning	1.5 hrs / day 45
& cooking Dishes & kitchen cleanup	min / day
Laundry (wash, dry, fold)	1.5 hrs / day 30
House cleaning / quick tidy	min / day 45 min /
Homestead chores (feeding animals, garden)	day 30 min / day
Dr appointments / therapy trips	(avg) 40 min / day
Driving / errands	2 hrs / day 45 min
Paid work / side hustle	/ day 20 min / day
Admin / email / social media	(avg) 45 min / day
Volunteer / church duty	20 min / day 7.5
Bedtime routine	hrs / day ~15.5 hrs
Personal time / Bible / quiet	/ day
Sleep	
Total awake productive hours (excluding sleep)	

