

3. Prepare a list of your regular home duties or chores (at least five) and do them for 90 days. Keep a record of how often you do each of them.

Chore 1 _____ Chore 2 _____

Chore 3 _____ Chore 4 _____

Chore 5 _____

Sample Home Duty or Chore List

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/			Week:	/	/	-	/	/			Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1								Duty 1								Duty 1							
Duty 2								Duty 2								Duty 2							
Duty 3								Duty 3								Duty 3							
Duty 4								Duty 4								Duty 4							
Duty 5								Duty 5								Duty 5							

Week:	/	/	-	/	/		
Day:	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Duty 1							
Duty 2							
Duty 3							
Duty 4							
Duty 5							

- Enter the dates for the weeks across the top of each block.
- Under the day of the week the duty is performed, enter the duty number from the list above. Each duty may not need to be done each day.
- Clarifications from National: These 90 days do not have to be in a row but can be from any time while a Boy Scout. Your parent or guardian may want to initial this chart each time duties are completed. .

Notes:

4. With the approval of your parents or guardians _____
 and your merit badge counselor, _____
 decide on and carry out a project that you would do around the home that would benefit your family. _____

Submit a report to your merit badge counselor outlining how the project benefited your family. _____

5. Plan and carry out a project that involves the participation of your family. After completing the project, discuss the following with your merit badge counselor:

a. The objective or goal of the project _____

b. How individual members of your family participated _____

c. The results of the project _____

6. Do the following:

a. Discuss with your merit badge counselor how to plan and carry out a family meeting. _____

b. After this discussion, plan and carry out a family meeting to include the following subjects:

1. Avoiding substance abuse, including tobacco, _____
 alcohol, _____
 and drugs, _____
 all of which negatively affect your health and well-being _____

2. Understanding the growing-up process and how the body changes, and making responsible decisions dealing with sex _____

3. Personal and family finances _____

4. A crisis situation within your family _____

5. The effect of technology on your family _____

Discussion of each of these subjects will very likely carry over to more than one family meeting.

7. Discuss the following with your counselor:

a. Your understanding of what makes an effective father and why, _____

and your thoughts on the father's role in the family _____

b. Your understanding of the responsibilities of a parent _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

- Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
- [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [BSA Troop 780](#) -or- usscouts.org -or- meritbadge.org Merit Badge Books: www.scoutstuff.org

American Association of Family and Consumer Sciences: <http://www.aafcs.org>

American Red Cross: <http://www.redcross.org>

Family, Career, & Community Leaders: <http://www.fcclainc.org>

The Parenting Project: <http://www.parentingproject.org>

TeensHealth: <http://www.teenshealth.org>