

Living at Home Agreement

A plan for parents and an adult child living at home. Fill it in together at a calm time, keep each line specific enough that anyone could tell whether it was done, and set the first review date before you sign.

Please note: This is a family planning tool, not a legal document or lease. If you charge formal rent, rules for landlords and tenants can apply, so check your local rules or talk to a qualified professional before treating it as a rental.

Parent or parents _____ Start date _____

Adult child _____ Review date _____

1 RENT OR CONTRIBUTION

Contribution can be money, work around the house, savings toward moving out, or a mix. Write the method, not just an amount.

Type (rent, share of bills, savings, extra household work, other): _____

Amount or task _____ Due each month on _____

How it is paid or tracked: _____

If it goes into savings for my move, where it is held: _____

2 CHORES

Daily tasks I will handle: _____

Weekly tasks I will handle: _____

My own laundry, dishes and room (how often): _____

Shared spaces I will help keep clean: _____

Meals I will cook or help with each week: _____

3 HOUSE RULES

Quiet hours, weeknights _____ Weekends _____

Letting the household know if I will be out late or away overnight: _____

Car: whose car, when I can use it, and who pays for gas: _____

Other house rules we agree on: _____

4 WORK OR SCHOOL PLAN

Current plan (working, in school, job searching, training): _____

Hours per week of work or class _____ Applications per week _____

How I will share progress, and how often: _____

Next milestone _____ Target date _____

5 MONEY

Phone plan (who pays and how): _____

Streaming and subscriptions: _____

Groceries I buy for myself: _____

Savings goal and target date: _____

Other shared costs: _____

6 GUESTS

Notice needed before having guests over: _____

Overnight guests allowed (yes, no, with notice): _____

Spaces guests can use, and any limits: _____

7 REVIEW DATE AND TIMELINE

First review date _____ Then review every _____

Agreement runs until _____ Target move out date _____

Steps toward moving out (savings goal, job, housing search): _____

8 IF THE AGREEMENT IS NOT KEPT

First step: a calm conversation within (number of days): _____

Second step if it continues: _____

Consequence we agree is fair: _____

How either side can ask to change the agreement: _____

9 SIGNATURES

Write down any change later and initial it, so nobody has to rely on memory.

Adult child _____ Date _____

Parent _____ Date _____

Parent _____ Date _____