

WORKSHEET: A DAY IN THE LIFE OF YOUR KITCHEN PG. 1 OF 4

The information you share during this exercise will help you discover the role your kitchen plays in your life. Consider how you're using your current kitchen and how the room meets, or falls short of, your needs.

Q & A

How many people live in the home?

Who cooks?

What is the cook's height? Is he/she right- or left-handed?

Who typically prepares meals? How are they prepared?

How many people in the house prepare meals at one time?

What type of cooking happens in your kitchen? (gourmet, baking, microwave, easy weeknight meals, etc.)

How do you shop for groceries, and what do you store in your pantry?

What are your kitchen traffic patterns?

How and where do you dine?

How do you entertain?

... continued on page 2

WORKSHEET: A DAY IN THE LIFE OF YOUR KITCHEN PG. 2 OF 4

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What do you like to do after meals? Will you remain in the kitchen to watch television, talk, relax, etc.?

What does each person in the family do in the kitchen each day?

For example, a school-aged child sits at the island and does homework. This child likes to access snacks. The family dog goes to the kitchen to eat. The pet food needs to be close by. Dad likes to cook. Mom likes to bake. Or, a couple likes to cook together on the weekends. An individual usually makes simple meals but likes to entertain large groups.

In a typical day, from wake-up until lights out...

When do you go to the kitchen?

What do you do there?

What appliances do you use all the time?

What do you remove from cabinets?

What do you rarely use?

What is easy to reach?

What is difficult to reach?

... continued on page 3

WORKSHEET: A DAY IN THE LIFE OF YOUR KITCHEN PG. 3 OF 4

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What do you cook?

What activities take place in the kitchen besides cooking?

- Planning (paying bills, sorting mail, storing cookbooks)
- Work (using a computer, homework)
- Laundry
- Sewing
- Entertainment (watching TV, crafts, games, play)

When you host dinner during the holidays...

What do you prepare?

What equipment do you need?

What challenges do you face getting the meal on the table?

You're entertaining guests. In your ideal party...

How does your kitchen function?

Who prepares the food?

Who stays in the kitchen during the party?

... continued on page 4

WORKSHEET: A DAY IN THE LIFE OF YOUR KITCHEN PG. 4 OF 4

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Will the kitchen be party central, or do you prefer that guests eat in another designated space?

Is kitchen activity your "entertainment" or do you want to hide all that prep?

After you've completed this form, fill out the Kitchen Goals Worksheet. Then, share your answers with your designer and he/she can help plan solutions and develop a floor plan that will suit your needs.