



## 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 daily patterns?

How and where do you dine?

How do you entertain?

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

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?

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

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?

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

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.



## WORKSHEET: KITCHEN GOALS PG. 1 OF 3

After completing the Day in the Life of Your Kitchen worksheet, fill out this worksheet. Think about what you want your kitchen remodel to accomplish.

Q & A

What do you like about your current kitchen?

What features are you missing in your kitchen?

What doesn't work with the current layout?

How is your kitchen's cabinet space and storage?

What energy efficient or water-saving features are you interested in adding?

How would your ideal kitchen look? Does it have a modern flair? Or is it more rustic or traditional?

What colors do you envision in our kitchen? Do you prefer traditional white or bold colors?

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## WORKSHEET: KITCHEN GOALS PG. 2 OF 3

After completing the Day in the Life of Your Kitchen worksheet, fill out this worksheet. Think about what you want your kitchen remodel to accomplish.

PRIORITY  
LIST(S)

Put these common reasons for remodeling in order of priority for you:  
(e.g., 1 being the most important and 8 being less important)

- ☐ increase resale value
- ☐ add more counter space
- ☐ reconfigure cabinets and storage
- ☐ update appliances
- ☐ improve kitchen layout
- ☐ update color or style
- ☐ incorporate technology
- ☐ improve energy and water efficiency
- ☐ need an outlet for a passion for cooking

What are the top five priorities for your kitchen renovation?

- 1.
- 2.
- 3.
- 4.
- 5.

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## WORKSHEET: KITCHEN GOALS PG. 3 OF 3

After completing the Day in the Life of Your Kitchen worksheet, fill out this worksheet. Think about what you want your kitchen remodel to accomplish.

Q & A

Will you do any parts of this project yourself or do you prefer to work only with professionals?

Do you plan to serve as the general contractor, or will you hire a designer and/or project manager to oversee the project?

How quickly do you want to finish this project?

Is your main goal resale or to update/remodel for your personal needs?

How much do you feel comfortable spending on the project? (Add a good 20 percent more than this for overages.)

Now, compare your completed Day in the Life of Your Kitchen worksheet and your goals. Note areas where your answers match or do not match up. For example, if you love the idea of having professional-grade appliances, but you only cook twice a week, investing in that high-end oven may not be the best use of your money. Use these exercises to set goals for your kitchen remodel.