

**THE
HEALTHY
MOMPREENEUR'S
FAMILY CHORE BINDER
HOW-TO & MY EXACT
SYSTEM**



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Robyn Whitworth

Introduction



I'm going to give you my plans and chore chart I use for my kids, that keeps my house feeling open and clean.

HOWEVER--- you know I LOVE to know WHY things are the way they are.

WHY should our kids do chores?

Why should our homes be organized and clear of clutter?

Why should we consider a chore chart?

Here are my observations, as well as evidence I've read and heard:

- Kids who do chores feel more valued in the home as they are contributing
- Kids who do chores are offered a chance to learn the value of work and finishing a task

INTRO

- When kids are asked to do a task, and report back, it give opportunity to build personal integrity for the child and builds trust between child and task giver
- Kids who do chores often have a stronger bond with parents who take the time to help teach them how to do a task and praise them when they do their best
- Families who work together to improve their home have stronger positive bonds
- Kids who do chores are more self sufficient adults
- Having a clean, organized home promotes a feeling of security
- Children who live in organized, clutter free homes tend to feel empowered vs overwhelmed with their responsibilities (homework, relationships, activities, etc)
- Children who have daily routines that include taking care of themselves and their surroundings not only teach them healthy habits, but it affects their overall feeling of security and promotes greater daily productivity and valuable creativity
- Children who do chores and participate in home improvement and are lovingly praised for their efforts have higher self esteem

If you are like me, when you read statements like the ones above, I am definitely feeling more motivated to stick to my chore chart efforts! I now understand that chores are MUTUALLY beneficial for my child and me.

INTRO

And YES. We need motivation as parents to even begin a family chore schedule, and to reinforce it OFTEN. Even though my kids have had a chore chart consistently, I still find myself needing to remind kids daily to go through the list and report back to me when the task is finished. But you know what?

IT IS WORTH IT!

I'm being 100% honest when I say that our kids do their chores. They really do. And often without complaint. They just do them. I know that it is because they know WHY and they know they aren't alone and it is a constant in their lives.

They are learning how to be part of a team. They are learning how to be leaders. They are learning how to do a job well done. They are learning how to stick to a task and finish it. They are learning SO MANY life skills through family chores, and they do them because they know WHY. Not for money. Not because they are coerced. Just because "that's what we do in a family." It helps them stay healthy too! Evidence shows that families thrive better in non cluttered homes.

If your kid needs to take out the trash but he forgot and his 2 friends are over, remind him and have him do it right then. If your kid makes a mess- ask them to clean it up and make sure they do it, and do it well. When you have clear communication, you can demand clear boundaries. And boundaries allow everyone the space they need to shine in their own sphere.

INTRO

Chores take just a few minutes each day. They can do that. They REALLY can. And it is awesome life training. BUT take the time to have a family council and let them know WHY you are asking them to do it, and be clear on who does what, and what YOU are doing too so they understand it really is a family effort. Nobody gets off free.

Happy chore doing! As a busy mompreneur- you should NEVER be doing "it all" on your own. Enlist your kids. They WANT to serve you- they really do. Allow your kids to be on your team, and you'll have less emotional exhaustion about the state of your home. The place that each of you can feel at peace and have a restful place to decompress, feel loved, and spend precious time together.

You GOT this. Please feel free to email me anytime with questions, suggestions and most of all, your successes!!! I want to cheer you on and celebrate with you.

My personal email is robynrw@healthymompreneur.org

Hope to hear from you soon to celebrate!

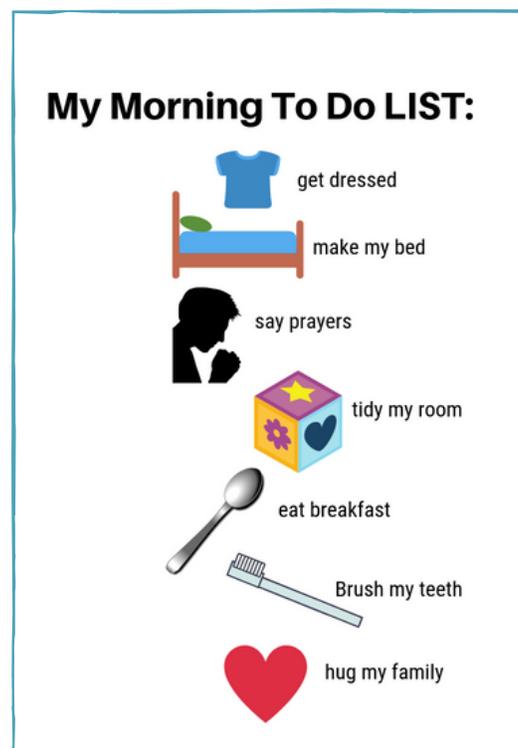
All my love and belief,

Xo Robyn

4 Different Chore Charts

We have four chore charts total. I have two daily lists we work from at our house: a personal list and the daily house chore list. Then we have a Saturday chore list for the more rigorous cleaning. The last one is a Monthly chore list. These are the deep cleaning type.

#1 The Personal Morning List includes: say prayers, make bed, tidy up the bedroom, get dressed, eat breakfast, brush teeth. My kids do these things before they start their Daily chores. When they are really young we use a picture list rather than a word list. I recommend you do the same. Create a simple list of things your kids can do to feel a quick win daily, such as this Personal list. Here is an example of my toddler's personal photo list:



FAMILY CHORE BINDER

#2 The DAILY Household CHORE chart

#2 How to get started on the DAILY Household CHORE chart:

A) **Write down the BASIC chores that need to be done around your house DAILY** to simply keep the house feeling clean and list them out. At our house, these are:

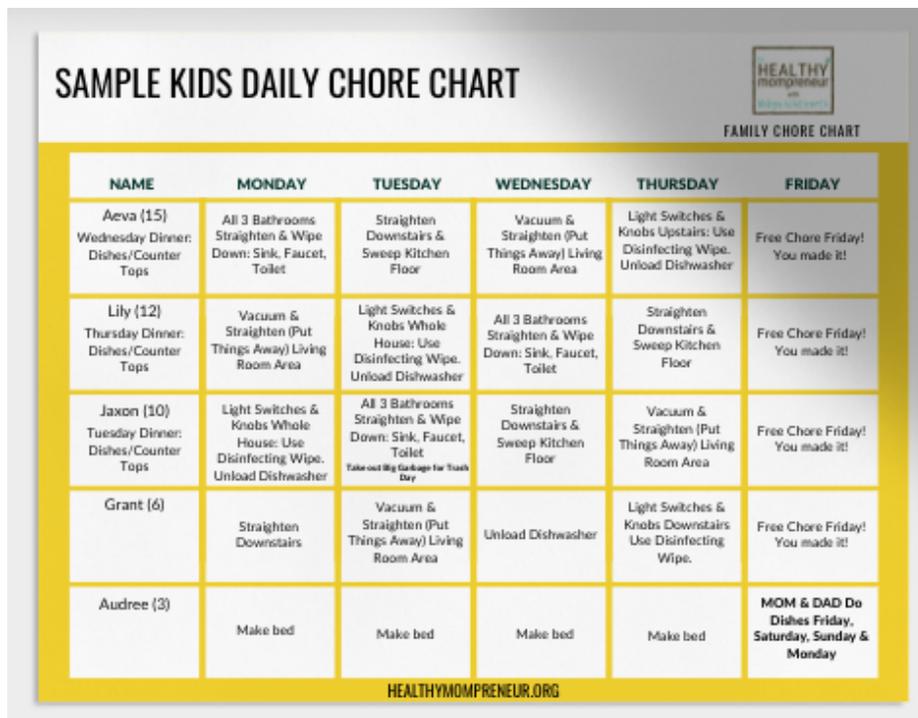
- Sweep kitchen floor (which, at our house includes picking up toys, shoes, etc that are on the floor)
- Tidy up and Vacuum main living room and hall area
- Take out the big outside garbage on Tuesdays
- Empty Dishwasher
- Tidy up Downstairs Main living room (this has our TV area, workout space and toy room)
- Family Dinner dishes including countertops
- Tidy up bathrooms and clean sink, faucet and toilet
- Disinfect all light switches and door knobs with disinfectant wipe
- (NOTE--- I did not include beds and rooms, because these are done on their personal lists)

B) **Think of your children, their ages, abilities and what they can reasonably accomplish on your list and assign accordingly.** For our family my children start chores at age 3, and depending on the job and their abilities the job list grows until they can do any chore by age 7. They can do their personal list by age 2/3 with a little reminding, and they start with the light switches and door knobs for the daily family chore chart. By age 4 they are paired with a sibling to empty the dishwasher and do the family meal dishes, and by 5 they are doing more items on the Saturday chores, and by 6 they have regular Saturday chores and by 7 they can do anything on the lists.

Continued on next page:

FAMILY CHORE BINDER

C) Create a Daily Household Chore list that makes sense for your family. For us, we have Daily household chores done Monday - Thursday on a rotating schedule as you see *below*. The kids LOVE having "Free Chore Fridays." (It's TOTALLY the little things!)



A sample kids daily chore chart with a yellow border. The title is "SAMPLE KIDS DAILY CHORE CHART" and "FAMILY CHORE CHART". It features a logo for "HEALTHYMOMPRENEUR.ORG" in the top right. The chart is a table with columns for days of the week and rows for children's names and their assigned chores. Friday is designated as a "Free Chore Friday!" for all children.

NAME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aeva (15) Wednesday Dinner: Dishes/Counter Tops	All 3 Bathrooms Straighten & Wipe Down: Sink, Faucet, Toilet	Straighten Downstairs & Sweep Kitchen Floor	Vacuum & Straighten (Put Things Away) Living Room Area	Light Switches & Knobs Upstairs: Use Disinfecting Wipe. Unload Dishwasher	Free Chore Friday! You made it!
Lily (12) Thursday Dinner: Dishes/Counter Tops	Vacuum & Straighten (Put Things Away) Living Room Area	Light Switches & Knobs Whole House: Use Disinfecting Wipe. Unload Dishwasher	All 3 Bathrooms Straighten & Wipe Down: Sink, Faucet, Toilet	Straighten Downstairs & Sweep Kitchen Floor	Free Chore Friday! You made it!
Jaxon (10) Tuesday Dinner: Dishes/Counter Tops	Light Switches & Knobs Whole House: Use Disinfecting Wipe. Unload Dishwasher	All 3 Bathrooms Straighten & Wipe Down: Sink, Faucet, Toilet <small>Take out Big Garbage for Trash Day</small>	Straighten Downstairs & Sweep Kitchen Floor	Vacuum & Straighten (Put Things Away) Living Room Area	Free Chore Friday! You made it!
Grant (6)	Straighten Downstairs	Vacuum & Straighten (Put Things Away) Living Room Area	Unload Dishwasher	Light Switches & Knobs Downstairs Use Disinfecting Wipe.	Free Chore Friday! You made it!
Audree (3)	Make bed	Make bed	Make bed	Make bed	MOM & DAD Do Dishes Friday, Saturday, Sunday & Monday

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D) **POST THE LIST in an easily visible place.** For us, it has been most successful right on the refrigerator door. I've seen other families post it inside a cupboard in the kitchen, or in the living room or in a hallway. This step is the #1 step that most moms in my research who were struggling with chores did not do. I get it. You don't want people to see it. It feels like clutter. I hear you. But guess what? With children, you get to make things simple, or it won't get done. And you know what? When other moms are at my house and see my list? They are always impressed that we have a system and ask if they can get a copy. Every. Single. Time. Don't be bashful! Be pleased that you are doing something that matters!

FAMILY CHORE BINDER

E) Take a day to go through each task with your family and explain HOW it is to be done. Your kids WANT to please you. They really do want to do it right. Take time to SHOW them, and to write/ print a step-by-step list of instructions. When the job isn't done right, take them gently and explain how they can change their actions to get it done better and WHY it needs to be done that way, and go over the steps again. It is SO important that you enable your kids "WIN" at being self sufficient. By teaching them how to do things on their own through repetition and love.

F) Make it part of your morning routine. :) There is mountains of evidence that support morning routines being paramount in human feelings of security, peace , creativity and productivity ability.

G) Repeat and repeat. Remind and remind. It is worth it!

FAMILY CHORE BINDER

#3 Saturday Chores or Weekly Chores

Saturday morning we have a rotating schedule of bigger jobs that take longer. But since we do our daily chores, even these job groupings don't take longer than an hour or so.

Choose which chores you'd like to have done weekly, rather than daily. At our house, the entire tiled floor doesn't need to be mopped. We spot clean through the week, and as you saw on our daily lists, it gets swept daily. But by Saturday, it definitely needs a good scrubbing. Same with the dusting, vacuuming the edges, cleaning the bedding, etc. **Keep all the job descriptions and rotation schedules in a binder near the cleaning supplies for easy access/reference.**

Our Saturday (weekly) chores are some of the ones you'll see in the following "Job Description" pages.

- Sweep/Mop the kitchen floor (our tiled floor includes the kitchen, laundry room and entryway)
- Clean out the family vehicle
- Vacuum the stairs (we have carpeted stairs) and clean reorganize the shoe/coat closet at the top of the landing
- Dusting and moving furniture to vacuum behind and underneath
- Washing the bedding and laundry (see the laundry section)
- Bathrooms (floor, mirrors, inside/outside of toilet, sink, vanity)
- Lawn mowing
- Cleaning Kitchen appliances
- Bedrooms
- Full Living Room and TV Play room areas

Check out the following pages, and then make your own! Remember: Make it fun. Blast the music Saturday morning and do something fun when the house is all clean!

JOB DESCRIPTIONS



JOB DESCRIPTION: BEDROOMS

JOB DESCRIPTION: BATHROOMS

JOB DESCRIPTION: STAIRS/FRONT CLOSET

JOB DESCRIPTION: FULL DOWNSTAIRS

JOB DESCRIPTION: FULL LIVING ROOM

JOB DESCRIPTION: WIPE DOWN KITCHEN APPLIANCES

JOB DESCRIPTION: NIGHTLY DISHES

JOB DESCRIPTION: SWEEP/MOP KITCHEN FLOOR

JOB DESCRIPTION: FAMILY CAR

JOB DESCRIPTION (BLANK PAGES)

JOB DESCRIPTION: BEDROOMS

1. Pick up all dirty laundry and put in laundry basket. **DO NOT PUT CLEAN UNWORN CLOTHES IN THE LAUNDRY.** Do the sniff test and look for signs of wear. If it seems clean, fold it and put it away.
2. Pick up all toys, books, etc and put them where they go. **NO PILES.**
3. Clean **ALL** corners and tops of things (window sills, top of dresser). **NO PILES**, no junk spots, everything needs to be organized.
4. Make your bed with **ONE** main blanket, **ONE** main pillow. 1 other decoration pillow allowed, and a few stuffed animals. **NO** clothing on the bed. **NO** hard toys, books or anything else. Place the pillow at the top of the bed (away from the door) and lay the blanket out smoothly from top to bottom. **NOTHING** under the bed that is not inside a container or organized. **NO** clothing under the beds.
5. Clean/organize anything else that needs done. Wipe down dresser or window or window sill if needed.
6. Vacuum all areas of the floor possible. Vacuum all edges of the room and corners possible.

JOB DESCRIPTION: BATHROOMS

1. Gather all clothes, dirty towels, toys, etc that do not belong in the bathroom and put them away.
2. Spray down the outside of the toilet with multipurpose bathroom cleaner- top to bottom. Lift up the lid and seat and spray separately. Wipe down entire toilet.
3. Use Lysol toilet bowl cleaner and coat the inside of the toilet bowl lightly. Allow to sit for 10 minutes.
4. Spray mirror lightly with glass cleaner. Use a microfiber or paper towel and press firmly on the glass moving in small circles to clean the mirror. No streaks.
5. Spray the faucet with glass cleaner. Wipe with terry cloth or microfiber cloth until clean.
6. Spray the counter top and sink bowl with multipurpose bathroom cleaner. Wipe clean with a terry or microfiber cloth. Remove all toothpaste residue from the sink bowl.
7. Go back to the toilet bowl and scrub the sides and into the drain hole with designated toilet scrubber. Flush.
8. Sweep floor, or if it isn't too dirty with loose stuff move forward to next step.
9. Spray floor with multipurpose bathroom cleaner and wipe it clean beginning from the furthest area from the door and work backwards so you end up outside the bathroom and it is all clean.
10. Take gross towels and put them in the washing machine.
11. Put all cleaning products away.

JOB DESCRIPTION: STAIRS/ FRONT CLOSET

1. Remove all toys, books, dirty socks, other clothes, snow-clothes or boots that do not belong on the stairs or inside the closet.
2. Remove all shoes from bins and corners of the closet. Vacuum out bins and sweep closet/vacuum all corners/edges.
3. Organize shoes and put all sweaters/hoodies on the left hooks, all backpacks and larger coats on the back hooks. Hats/gloves go in the bottom drawer on the right.
4. Vacuum stairs thoroughly.
5. Sweep entryway with broom.

JOB DESCRIPTION: FULL DOWNSTAIRS

1. Pick up all clothing including socks and put it in the washing machine.
2. Pick up all toys/books and put them away in the room they belong.
3. Organize exercise equipment and anything else that belongs in the downstairs rooms. NO PILES or JUNK CORNERS. NO toys or stuff on the tv stand or shelves.
4. Dust cobwebs, tv stand and tv.
5. Move furniture and pick up all large items that the vacuum cannot handle (anything over the size of a pea).
6. Vacuum under furniture. Put furniture back.
7. Make the bed in the guest/play room.
8. Vacuum the rest of the rooms (big one and guest room/play room)

JOB DESCRIPTION: FULL LIVING ROOM

1. Remove all toys, books, clothing that does not belong in the clean living room and put them where they go. NO PILES.
2. Move furniture and gather up any trash, toys, etc that is larger than a pea.
3. Dust all photos, window sills, and plants.
4. Vacuum under furniture and get all edges.
5. Put furniture back.
6. Vacuum the rest of the room taking care where there are frayed carpet edges.
7. Wipe down any marks on the walls and report any harm to the furniture for mom and dad to take care of.
8. Put throw pillows where they go.

JOB DESCRIPTION: WIPE DOWN KITCHEN APPLIANCES

1. Fill a small mixing bowl with hot water and 2 drops of dish soap.
2. Use a small terry cloth and get it wet with the water mixture.
3. Wipe down the flat areas of the stove top. (NOT under the burners)
4. Wipe down the Front of the oven and the handles.
5. Wipe down the front and sides of the dishwasher.
6. Wipe down the outside of the microwave.
7. Wipe down the outside and handle of the fridge.
8. Open microwave and remove the glass turntable carefully. Set aside. Spray the inside of the microwave and glass turntable with glass cleaner.
9. Wipe down inside of the microwave with a terry or microfiber cloth. Make sure it is dry. You may need to use a paper towel one last time to dry it thoroughly.
10. Clean the glass turntable and return it to the microwave.

JOB DESCRIPTION: NIGHTLY DISHES

1. Put all food items away. This includes salad dressing bottles, ketchup bottle, salt, pepper, etc. If there are leftovers from the meal, package the leftovers into a plastic container with a lid and put it on the top shelf of the fridge.
2. Gather all dishes. This includes random cups on the bar, cups on the table, knives or other dishes on other counter tops in the kitchen.
3. Load the dishwasher: Start with the cups. Rinse them and place them on the second shelf of the dishwasher. Now add small dishes like kid plates, leftover plastic containers, and other small dishes. Rinse them and place them on the second shelf of the dishwasher. Next do the plates and bowls. Rinse the plates and stack them along the back of the bottom shelf in the dishwasher, facing IN. If there is a large casserole dish, rinse it well and load it along the back of the bottom shelf facing in before you put in the plates. The plates will still fit. Next do the bowls. Rinse and place them on the bottom shelf of the dishwasher facing IN. Next do all LARGE shaker cups. Rinse and place on the outside edges of the middle shelf or the outside edges of the bottom shelf.

JOB DESCRIPTION: NIGHTLY DISHES continued

3. The lids go on the TOP shelf, outside edge only. Next rinse and load large bowls or pans to the bottom shelf. Sometimes a bowl will fit in the middle if it isn't too big. Lastly, rinse and load the utensils. Large utensils to the outside, eating utensils neatly placed side by side in the middle. START the dishwasher.
4. Hand wash any remaining dishes and reusable bags we've used that day.
5. Wipe down all counter tops with a rag that has been soaked in hot soapy water and wrung out.
6. Clean off the dining table tablecloth if needed.
7. Wipe up/Sweep up any noticeable spills, crumbs, etc from the floor.
8. Drain and wipe out sink, and wipe down faucet and handle. Run the disposal if needed.

JOB DESCRIPTION: SWEEP/MOP KITCHEN FLOOR

1. Pick up all toys, large pieces of garbage, clothing, towels, etc that might be on the kitchen floor and put them where they go.
2. Move all stools and chairs to the living room floor.
3. Move floor mats- please do not shake dirt from the floor mats onto carpeted areas. Move floor mats to the garage or put them on top of the washing machine.
4. Sweep the kitchen floor thoroughly. Sweep ALL corners and edges including the laundry room and floor of the pantry and front door entryway, around dining table legs, etc.
5. Place a small clean towel by the sink. You will need this later.
6. Make sure one of the sink tubs is CLEAN and clear (if you need to wipe it out, do so). Plug the sink and fill with HOT water. Add 3 drops of dishwashing liquid and 1/4 c white vinegar.
7. Dip mop into hot water and swish around to get it fully wet.
8. Wring out the mop very tightly.
9. When mopping the tile, mop 5-6 squares at a time and then go back and rinse the mop in the sink.
10. Mop entryway first. Then laundry room.
11. Then mop from by the piano and work your way back to the sink.

JOB DESCRIPTION: SWEEP/MOP KITCHEN FLOOR

continued

12. Once you are back to the sink, unplug the sink, allow the dirty water to drain. Running clean warm water, rinse and wring out the mop one final time in CLEAN water.

13. Use the clean towel you placed near the sink earlier and put it on the floor and step on it and work your way to put the mop away without dirtying the clean, wet floor with your feet. Continue to use the towel under your feet if the floor is too wet to return the stools and chairs to their right places.

JOB DESCRIPTION: FAMILY CAR

1. Remove ALL toys, clothing, etc that does not belong in the denali and put them away where they go.
2. Remove ALL large pieces of garbage. Wrappers, broken crayons, stray papers, plastic cups, etc and throw away.
3. Refold blankets and place them in the back.
4. Vacuum out the entire vehicle. Vacuum the seats (especially the toddler seat), vacuum the floors, under the seats, and the back.
5. Use a wet wipe to gently wipe down the steering wheel, buttons, inside handles, anywhere we put our hands and the back of the captain chairs where people might put their feet/bottom of their shoes.

FAMILY CHORE BINDER

#4 The Monthly Chore Chart

On the First Saturday of every month we have what we call "Monthly Jobs."

These are the DEEP Cleaning Jobs. I don't have descriptions for these, because they DO change based on what our home needs and usually I want them done differently based on what time of year it is and who is doing it (age differences.)

These Monthly Jobs also rotate. I try to make sure that each child capable of the job doesn't do the same Monthly Job month after month. I take 5 minutes the morning of that 1st Saturday and quickly look over our last few months and assign the monthly jobs to each child that morning. (See the following example page and then use the custom page to fill in your own!)

Our Monthly Jobs are usually these:

- **Pantry Clean Out:** reorganize, mop floor, clean shelves, and throw away expired food and any loose trash.
- **Refrigerator:** empty each shelf/crisper and wipe down, throw away any old leftovers or expired food, reorganize, wipe down exterior
- **Base Boards of the house:** wipe down
- **Laundry room cupboard clean out,** reorganize bins/totes, wash exterior of machines
- **Carefully clean and condition Kitchen stools/chairs, dining table, bar wood**
- **Wipe Down all and condition kitchen cupboards**
- **Hall Closet Clean out:** refold linens, blankets, and reorganize

FAMILY CHORE BINDER

#4 The Monthly Chore Chart EXAMPLE:

Month _____

Name: Aeva

- Pantry Clean Out: reorganize, mop floor, clean shelves, and throw away expired food and any loose trash.

Name: Lily

- Refrigerator: empty each shelf/crisper and wipe down, throw away any old leftovers or expired food, reorganize, wipe down exterior

Name: Jaxon

- Base Boards of the house: wipe down

Name: Grant

- Carefully clean and condition Kitchen stools/chairs, dining table, bar wood

Name:

- Wipe Down all and condition kitchen cupboards

Name:

- Hall Closet Clean out: refold linens, blankets, and reorganize

Name:

- Laundry room cupboard clean out, reorganize bins/totes, wash exterior of machines

Then the next month I just jot down their names on a different one.

BONUS

Laundry System

So many of you have asked how I organize our laundry. I think laundry is super individual based on how important clothing is to you. I will admit. Clothing is NOT something we cherish in our house. Fashion is not something my husband nor I care to keep up with or really care about. As such, we are perfectly fine wearing the same jeans for years if they don't have stains/holes. I only buy color fast, permanent press, wrinkle free fabrics. If this isn't you- this laundry system will not work for you and you can skip this section.

I have my kids start doing their OWN laundry by age 8/9. When I tell people this they often get wide eyes and shake their head intending to let me know that that sounds unreasonable. I obviously disagree. I think kids of this age are totally capable of starting a washing machine and sorting their clothes by darks and lights and folding their clothes and putting them away. By age 4-5 they are helping me fold and can easily put their clothes away. We invested in a commercial capacity washer and dryer. {Best. Thing. Ever!}

Our strategy:

1) I do NOT buy fabrics that are dry clean only unless it is DIRE (like a wedding must have or something). I only buy wrinkle free and colorfast items for my kids so they don't have to sort beyond darks and lights. I will rotate their laundry for them (they usually start their laundry in the morning before school) and they fold and put it away.

FAMILY CHORE BINDER

2) My husband and I do our own laundry, and I do the toddler's laundry whenever it is needed.

3) Bedding is stripped every week or every other week (we forget sometimes!) and the kids are also in charge of doing this.

3) If there is a day when there are multiple loads of laundry going and there is a lot of laundry to fold, the loads to fold become the thing to do during a late night teen discussion (these are happening more and more) or family movie.

4) My laundry room is never backed up. I do NOT allow it to ever become so. Once a load is dried, it is out in the living room by the stairs so the kids see it first thing after school, and they know what to do with it. Or it is on my bed for folding later that night when my hubby and I are visiting or talking to a teen, or downstairs on the couch to fold during movie night.

5) I keep my kids socks in the shoe closet by the front door instead of their drawers. I can't tell you how much this has helped us get out the door on time and to thwart the meltdowns when they want to run out and play with friends but can't find socks. Try it!

Routine, consistency, and simplicity rules housekeeping my friends. Your kids CAN do it.



Robyn Whitworth is a mother to 5, and married to her best friend.

She has degrees in Culinary Arts and Business Management. She has certificates in nutrition and weight loss mentoring and owns two businesses.

Robyn has overcome obesity, diabetes, infertility, severe pregnancy complications and traumatic birth resulting in learning to live alongside PTSD and mild depression from hormone imbalance.

Robyn loves to be outdoors, enjoys water sports and hiking, and going on road trips with her family. Having faced death, trauma, and lifestyle change, Robyn has a unique perspective on the gift of the struggles we face through life, the value of physical health, creating systems to sustain good energy, and learning how to find perpetual Joy.

Robyn has been a University adjunct professor in the Food Sciences Department, Nutritional speaker for Natural Grocer's education programs, presenter for local events put on by an international health and fitness company, Speaker for 5 online conferences, and teaches hundreds of students yearly online through courses about weight loss, energy management, Mompreneurship, and online business. She has 1000+ clients across North America and has enjoyed working from home coaching, teaching, and presenting online since 2014.

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