



## RATE YOUR OWN KITCHEN

Your refrigerator, sink and cooking surface are arranged in a counterclockwise direction (opposite if left handed).

Your dishwasher is left of your sink (opposite if left handed).

The distance from the refrigerator to the sink is between 4' and 7'.

The distance from the sink to the cooking surface is between 4' and 6'.

The distance from the cooking surface to the refrigerator is between 4' and 9'.

Your total work triangle is between 12' and 21' total.

You have a minimum of 24" on the left and 18" on the right of the sink.

You have at least 18" on the right and left of your cooking surface.

You have counter space within arms length of the refrigerator for easy loading and unloading.

You have task lighting or under cabinet lighting.

You have at least 18" of tall pantry storage.

You have at least five drawers.

You have no "dead corners" in base or walls.

Your sink faces a window or open space.

You have at least 42" between counters and work areas.

Your kitchen includes a built-in microwave.

Your kitchen includes a built-in dishwasher.

Your range hood is vented to the outside.

Your kitchen includes a large sink bowl, built-in colander/strainer and disposal.

**SUBTOTAL**

**Bonus Points:**

Your kitchen includes a meal planning center or desk.

Your kitchen has a built-in wall oven and microwave.

Points	Your Score Before	Your Score After
5		
5		
6		
6		
6		
7		
6		
6		
5		
5		
5		
4		
4		
5		
6		
5		
6		
4		
4		
100		
5		
4		
<b>TOTAL</b>		

**If your score is:**

70-100 You probably enjoy working in your kitchen!

40-70 You probably aren't wild about spending time in your kitchen, but it's part of your life.

0-40 Your feelings probably range from dislike to tolerance.