

Week of _____

Days (0-7)

Journal

(0-6)

	Dinner	Weekly Task	Appointments
Monday		Wash laundry	
Monday		Wash dishes	
Monday		Empty trash	
Monday		Wash car/wheels	
Monday		Wipe down table	
Monday		Wipe light switch	
Monday		Clean refrigerator	
Monday		Wipe appliances	
Monday		Mow lawn	
Monday		Declutter	
Monday		Grocery Shopping	
Monday		Update calendar	
Monday		Recycling Center	
Monday		Organize Cupboard	
Monday		Check up on kids	

Essence

(0-6)

The Working Mom's Daily Do's

Before Work

- Make Bed
- Run Laundry
- Take Vitamins

After Work

- Wash Laundry
- Empty Dishwasher
- Tidy Up Front Yard/Clean
- Tidy Up Backyard
- Folded Bedspread

Shopping List

Big
Kids

To Do List

Notes