

# the Confident mom™

December 30, 2012 - January 7, 2013



## JANUARY

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

### Sunday 30th • Dinner \_\_\_\_\_

(NEW YEAR'S DAY)

- Quiet Time (Gen 1-2; Matt 1)
- Change hand towels in bathrooms
- Plan weekly menu/shopping list
- Cut/file coupons—discard expired
- Review weekly family calendar
- \_\_\_\_\_
- \_\_\_\_\_

### Friday 4th • Dinner \_\_\_\_\_

- Quiet Time (Gen 16-17; Matt 5:27-48)
- Clean microwave—inside & out
- Clean dishwasher door
- Clean freezer compartment—discard expired food
- Mop kitchen floor
- Empty all trash cans (bath, bedrooms)
- \_\_\_\_\_
- \_\_\_\_\_

### Monday 31st • Dinner \_\_\_\_\_

- Quiet Time (Gen 4-6; Matt 2)
- Clean toilets/stock toilet paper
- Change kids' sheets
- Replace toothbrush heads/toothbrushes
- Dust main/public areas
- Vacuum main/public areas
- \_\_\_\_\_
- \_\_\_\_\_

### Saturday 5th • Dinner \_\_\_\_\_

- Quiet Time (Gen 18-19; Matt 6:1-18)
- Water indoor plants
- Clip children's nails
- Kids straighten bedrooms
- Straighten car #1 interior (trash, vacuum)
- Change hand towels in bathroom
- \_\_\_\_\_
- \_\_\_\_\_

### Tuesday 1st • Dinner \_\_\_\_\_

- Quiet Time (Gen 7-9; Matt 3)
- Clean out expired food in pantry
- Organize pantry items—earliest exp. dates in front
- Vacuum/dust kids' bedrooms
- Clean top shelf of refrigerator

Make Beds

S M T W T F S

Run/Empty Dishwasher

S M T W T F S

Do Laundry

S M T W T F S

Exercise

S M T W T F S

Daily