

Morning Routine

Up/Coffee/Bible

Run

Shower/Dress

Straighten

Bathroom/Bedroom

Make Bed

Start Laundry



Afternoon Routine

Clean Kitchen up

Quick 10-min clean up

Switch laundry

Fold a load of laundry

Daily Job



Evening Routine

Make to-do list for
next day

Quick house pick up

Lay out clothes for
next day

Take pills

FJs on, contacts out,
face washed

