

Week of _____

Journal

Calendar

	Dinner	Weekly Task	Appointments
Monday ○○○○○○○○ ○○○○/○○	_____	Wash laundry Clean bathroom	_____
Tuesday ○○○○○○○○ ○○○○/○○	_____	Empty trash Wash dog/cats	_____
Wednesday ○○○○○○○○ ○○○○/○○	_____	Wipe down table Wipe light switch Clean refrigerator	_____
Thursday ○○○○○○○○ ○○○○/○○	_____	Wipe appliances	_____
Friday ○○○○○○○○ ○○○○/○○	_____	Wash plants Dust	_____
Saturday ○○○○○○○○ ○○○○/○○	_____	Grocery Shopping Update calendar Recycling Center	_____
Sunday ○○○○○○○○ ○○○○/○○	_____	Organize Coupons Catch up on calls	_____

Goals

The Working Mom's Daily Do's

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Before Work

- Make Bed
- Get Laundry
- Take Vitamins

After Work

- Wash Laundry
- Empty Dishwasher
- Sweep Floor
- Wipe/Clean
- Fold Bed Linen

Shopping List

Buy Milk

To Do List

Notes