

week three

household chores

	S	M	T	W	T	F	S
make beds							
start laundry - wash, fold, put away							
sweep floors/vacuum							
tidy kitchen							
wipe down bathroom							
straighten house							
10 minute de-clutter							
take out trash							

this is my life

drink 8 glasses a day

S							
M							
T							
W							
T							
F							
S							

remember

This week's chores

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

morning routine	afternoon routine	evening routine
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____

weekly menu plan

S	B	L	S	Snacks
M	B	L	S	Snacks
T	B	L	S	Snacks
W	B	L	S	Snacks
T	B	L	S	Snacks
F	B	L	S	Snacks
S				

WEEKLY LAYOUT

notes
