

e-meals. Daily Housekeeping Schedule

Daily Upkeep

- Dishes
- Laundry
- Make Beds
- 10 Minute Tidy - 3x/day
- Shed Junk for 10 Minutes 1x/day

Monday

BATHROOMS

- Empty the garbage
- Mop the floor
- Wipe sink
- Clean toilet and tub

Tuesday

BEDROOMS

- Change bedding
- Wash sheets
- Organize clothing
- Vacuum the floor
- Clean windows and mirrors

Wednesday

KITCHEN

- Organize the pantry
- Clean out the refrigerator
- Wipe down sink and counter
- Unload & load dishwasher

Thursday

GROCERY SHOPPING/ERRANDS

- Print your eMeals dinner plan

Additional Groceries:

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Cleaning supplies:

<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Friday

FLOORS/DUSTING

- Vacuum
- Sweep
- Wash floors

Saturday

WORK OUTSIDE

- Mow the lawn
- Trim the hedges
- Clean the garage
- Vacuum the car

Sunday

- REST AND ENJOY YOUR DAY!