

Week of _____

Journal

Calendar (7 circles)

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	Dinner	Weekly Task	Appointments
Monday ○○○○○○○ ○○○/○	_____	Wash laundry Clean bathroom	_____
Tuesday ○○○○○○○ ○○○/○	_____	Wipe front Wash top/bottom	_____
Wednesday ○○○○○○○ ○○○/○	_____	Wipe door handle Wipe light switch Clean refrigerator	_____
Thursday ○○○○○○○ ○○○/○	_____	Wipe appliances	_____
Friday ○○○○○○○ ○○○/○	_____	Wash plates Dust	_____
Saturday ○○○○○○○ ○○○/○	_____	Grocery Shopping Update calendar Recycling Center	_____
Sunday ○○○○○○○ ○○○/○	_____	Organize Coupons Catch up on calls	_____

Essentials

The Working Mom's Daily Do's

Essentials (7 circles)

Before Work

- Make Bed
- Get Laundry
- Take Vitamins

After Work

- Wash Laundry
- Empty Dishwasher
- Sweep Floor
- Wipe/Clean
- Fold Clothes

Shopping List

Buy Milk

To Do List

Notes

Shopping list area with 20 horizontal lines for writing.

To Do List area with 7 horizontal lines for writing.

Notes area with 10 horizontal lines for writing.