

+ Week at a glance

January 3 - 9

Daily Chores

Tidy Bedroom / Make Beds

S M T W T F S

Unload/Load Dishwasher

S M T W T F S

Clean Kitchen Sink & Counters

S M T W T F S

Sweep/Mop Kitchen

S M T W T F S

Tidy Bathrooms

S M T W T F S

Empty Trash

S M T W T F S

Do Laundry

S M T W T F S

Dust / Tidy Living Spaces

S M T W T F S

Exercise

S M T W T F S

Homework / Prepare for tomorrow

S M T W T F S

Daily Photo or Journal

S M T W T F S

S M T W T F S

S M T W T F S

S M T W T F S

Notes:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

+ Menu

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

+ Shopping List

Meat

Dairy

Produce

Frozen

Dry/Canned

Misc