



Morning Routine ~ 6:00 - 7:30am

Rise and Shine, think about yourself.

- Up at 6 am.
- Dressed, do hair, and fix face.
- Take medications.
- Let dog out.



Kitchen

- Empty dishwasher.
- Set table and start breakfast.
- Breakfast.
- Make lunches.

Think About Your Day

- Check To Do list
- Thaw something for dinner or start the crockpot.
- Reboot laundry.
- Make beds.
- Swish and Swipe bathrooms.
- Swiffer Furniture.
- Run vacuum in FR/DR M-W-F-Sa
- Clear breakfast dishes and wipe counters.

