

date: _____ M Tu W Th F Sa Su

meal plan:

top 5 list:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

to do:

daily routine:

Early Morning:

- make bed & pick up bedroom
- shower & get ready
- breakfast
- unload-load dishwasher
- 15-minute pickup

Mid-Morning:

- catch up on email
- work on blogs
- follow up with clients
- thaw any dinner items
- do a load of laundry
- lunch

Afternoon:

- run errands
- house projects
- dinner prep
- fold laundry
- catch up on email
- catch up on voicemail
- get mail and paper

Evening:

- dinner
- 15-minute pickup
- pack lunches
- prepare for tomorrow
- load and run dishwasher
- work on blogs
- respond to emails & comments
- pick out clothes for tomorrow
- write out tomorrow's "top 5"

exercise: _____ min.



to buy:

appointments:

| time: | event: |
|-------|--------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

notes:
