

Week of _____

Journal

Calendar

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	Dinner	Weekly Task	Appointments
Monday ○○○○○○○○ ○○○/○	_____	Wash laundry Clean bathroom	_____
Tuesday ○○○○○○○○ ○○○/○	_____	Wipe out Wash up/tables	_____
Wednesday ○○○○○○○○ ○○○/○	_____	Wipe down table Wipe light switch Clean refrigerator	_____
Thursday ○○○○○○○○ ○○○/○	_____	Wipe appliances	_____
Friday ○○○○○○○○ ○○○/○	_____	Wash plates Dish	_____
Saturday ○○○○○○○○ ○○○/○	_____	Grocery Shopping Update calendar Recycling Center	_____
Sunday ○○○○○○○○ ○○○/○	_____	Organize Coupons Catch up on tasks	_____

Calendar

The Working Mom's Daily Do's

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Before Work

- Make Bed
- Clean Laundry
- Take Vitamins

After Work

- Wash Laundry
- Empty Dishwasher
- Sweep Floor
- Wipe/Clean
- Fold Bed Linen

Shopping List

Buy Milk

To Do List

Notes