

FlyLady Daily Routines

Morning Routine

- ☐ Make your bed as soon as you get up
- ☐ Get dressed in shoes (even if staying home)
- ☐ Swish & swipe (quick bathroom wipe-down)
- ☐ Check the calendar for today's events
- ☐ Check your control journal or planner
- ☐ Start a load of laundry
- ☐ Empty dishwasher or dish rack
- ☐ Quick 2-minute hotspot cleanup (clear off messy surfaces)
- ☐ Review daily mission (zone cleaning task)
- ☐ Eat a healthy breakfast
- ☐ Take vitamins or medications
- ☐ Reboot laundry (move it to the dryer or hang it)

Afternoon Routine

- ☐ Check your planner/control journal again
- ☐ Quick tidying of main living areas (10 minutes)
- ☐ Start dinner prep (thaw meat, chop veggies, etc.)
- ☐ Reboot laundry again if needed
- ☐ Take a few minutes for self-care (hydrate, stretch, breathe)
- ☐ Declutter for 15 minutes if possible (FlyLady's 15-minute declutter)

Evening Routine

- ☐ Shine your sink
- ☐ Lay out tomorrow's clothes
- ☐ Put things ready for tomorrow (bags, lunches, keys)
- ☐ Check calendar again
- ☐ Set out breakfast dishes
- ☐ Quick hotspot cleanup (2 minutes)
- ☐ Make a short to-do list for tomorrow
- ☐ Get ready for bed (wash face, brush teeth, relax)
- ☐ Go to bed at a decent time