



Fly Lady Weekly Cleaning Schedule

Monday – Weekly Home Blessing Hour

- ☐ Vacuum all main traffic areas
- ☐ Dust all surfaces
- ☐ Mop floors
- ☐ Wipe mirrors and doors
- ☐ Empty all trash cans
- ☐ Change bed sheets
- ☐ Purge magazines or junk mail

Tuesday – Plan and Play Day

- ☐ Plan meals for the week
- ☐ Make grocery list
- ☐ Review calendar (appointments, events)
- ☐ Set aside some fun time for yourself

Wednesday – Anti-Procrastination Day

- ☐ Finish a task you've been putting off
- ☐ Pay bills
- ☐ Schedule necessary appointments
- ☐ Handle paperwork or emails

Thursday – Errand Day

- ☐ Grocery shopping
- ☐ Post office trip
- ☐ Pharmacy visit
- ☐ Other needed errands

Friday – Clean Out Your Car and Purse Day

- ☐ Toss out trash in the car
- ☐ Vacuum car seats/floors
- ☐ Organize or declutter your purse/bag
- ☐ Refill essentials (hand sanitizer, tissues, etc.)

Saturday – Family Fun Day

- ☐ Plan a family outing or relaxing activity
- ☐ Lighthouse pick-up if needed (only 15 minutes)

Sunday – Renew Your Spirit

- ☐ Rest and relax
- ☐ Reflect on the week
- ☐ Light spiritual or inspirational reading
- ☐ Prepare mentally for next week