

ROUTINES

MORNING

	S	M	T	W	R	F	S
Run/Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swish/Swipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thaw Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To Do List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Devotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
Hit the Hotspots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floor Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily To Do's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check Calendar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lay Out Clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY

- ☐ Check for Card Events
- ☐ Clean Out Fridge
- ☐ Weekly To Do List

MONDAY

- ☐ Meal Plan
- ☐ Iron
- ☐ Declutter

TUESDAY

- ☐ Water Plants
- ☐ Clean Microwave
- ☐ Declutter

WEDNESDAY

- ☐ Final Menu Plan
- ☐ Grocery List
- ☐ Declutter

THURSDAY

- ☐ Grocery Shop/Pick Up
- ☐ Declutter

FRIDAY

- ☐ Clean Out Purse
- ☐ Clean Car
- ☐ Declutter

SATURDAY

- ☐ Weekly Cleaning

ZONE 5

Living Room

- ___ Dust Decos
- ___ Cobwebs
- ___ Vacuum Walls
- ___ Clean Blinds
- ___ Clean Under Cush.
- ___ Baseboards
- ___ Wash Windows

Family Room

- ___ Dust Decos
- ___ Cobwebs
- ___ Vacuum Walls
- ___ Clean Ceiling Fan
- ___ Clean Under Cush.
- ___ Baseboards
- ___ Wash Windows

Powder Room

- ___ Wash Rug
- ___ Straighten Vanity
- ___ Wipe Vanity
- ___ Clean Light/Mirror
- ___ Clean Under Cush.
- ___ Baseboards
- ___ Super Scrub Toilet

WEEKLY CLEANING

LIVING ROOM

___ Dust
___ Sweep/Mop
___ Vacuum

DINING ROOM

___ Dust
___ Sweep/Mop
___ Vacuum

FOYER

___ Dust
___ Stairs
___ Sweep/Mop

POWDER ROOM

___ Wipe Vanity
___ Clean Toilet
___ Empty Trash
___ Mop Floor
___ Clean Mirror

KITCHEN

___ Dust
___ Sweep/Mop
___ Wipe Counters
___ Wipe Chairs
___ Wipe Table
___ Wipe Windowsills
___ Clean Slider
___ Clean Stove Top
___ Clean Micro
___ Clean Fridge
___ Clean Dishwasher
___ Clean Trashcan

FAMILY ROOM

___ Dust
___ Sweep/Mop
___ Wipe Windowsills
___ Clean TV
___ Magazine Rack

LAUNDRY ROOM

___ Wipe Washer
___ Wipe Dryer
___ Refill Supplies
___ Clean Floor
___ Empty Trash

KIDS ROOMS

___ Dust
___ Vacuum
___ Wipe Windowsills
___ Hotspots
___ Change Sheets

MASTER BEDROOM

___ Dust
___ Vacuum
___ Wipe Windowsills
___ Hotspots
___ Change Sheets

MASTER BATH

___ Wipe Vanity
___ Clean Tub/Toilet
___ Empty Trash
___ Mop Floor
___ Clean Mirror

HALL BATH

___ Wipe Vanity
___ Clean Tub/Toilet
___ Empty Trash
___ Mop Floor
___ Clean Mirror

OTHER