

Do This Today....

Schedule

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Kitchen

Empty Dishwasher

Change towel & rag

Laundry

W W D D F F

What's for
Dinner?

Weekly Chore

Monthly Chore

Notes:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Self-Care

Water



Exercise

Type:

Minutes: