

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:

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Exercise

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