

Daily Routine

FOR THE WEEK OF:

November

11

17

Weekly

Daily

Schedule

S Laundry
HIIT

m Kid Cooks!
CARDIO or Yoga

T Laundry
HIIT

W Game night
CARDIO or yoga
Take out All trash

T HIIT

F Laundry
Craft Night
Cardio or yoga

S Clean Desk

Water ✓✓ T W T F S
Exercise ✓ M T W T F S
Chore S ✓ T W T F S
Vitamins ✓✓ T W T F S
Skin Care ✓✓ T W T F S
Nail Care ✓✓ T W T F S
Pick up Clutter S ✓ T W T F S
S M T W T F S
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S M T W T F S
S M T W T F S

NOTES:

Make a list of things to pick up for Thanksgiving.

Get your nails done this week!

Redo budget

NEXT WEEK

THANKS GIVING!

S Nail appt 2:30 11
Dine out w/ Fam.

m Veg. Soup

T TACOS! 13

W Dentist 10am 14
Roast

T Chicken & Rice 15

F Pizza Delivery 16

S Pick up printer paper 17
Kid Pick