

# FLYLADY AT A GLANCE

FLY! FINALLY LOVING YOURSELF THROUGH A CLEAN HOME

## DAILY ROUTINES

### MORNING

Dress to Shoes (Shower)  
Make Bed  
Swish & Swipe (Tidy Bathroom)  
Shine Your Sink (Do the Dishes)  
1 Load Laundry

### DAY

5-15 Min. Zone (Monthly Zone)  
Dry & Put Away Laundry  
5-15 Min. Daily Focus (Weekly)

### EVENING

5 Min. Hot Spot (Declutter)  
Shine Your Sink (Do the Dishes)  
Check Calendar

## WEEKLY - DAILY FOCUS

### MONDAY - WHB

Weekly Home Blessing (1 hour on Mondays)  
Toss Mail & Magazines. Change Sheets. Empty Trash. Dust. Vacuum. Mop. Clean Mirrors & Doors

### TUESDAY

Free Day & Plants

### WEDNESDAY - ANTI PROCRASTINATION & PLANNING

Meal Plan  
Clean Out Fridge. Make Appointments

### THURSDAY - ERRAND DAY

Grocery Shop, Library, Post Office, Gifts, Cards, Thrift Store, Doctor Appointments

### FRIDAY - DATE NIGHT

Clean Car & Purse  
Pet Care

### SATURDAY - FAMILY FUN DAY

### SUNDAY - RENEW YOUR SPIRIT

## MONTHLY - ZONES

Focus on deep cleaning 1 zone a week.

### ZONE 1/WEEK 1 - ENTRANCE, DINING, & FRONT PORCH

### ZONE 2/WEEK 2 - KITCHEN

### ZONE 3/WEEK 3 - BATHROOM, BEDROOMS, OFFICE, LAUNDRY ROOM

### ZONE 4/WEEK 4 - MASTER BEDROOM & CLOSET

### ZONE 5/WEEK 5 - LIVING ROOM

S	M	T	W	T	F	S				
			1	2	3	4	Zone/Week 1			
			5	6	7	8	9	10	11	Zone/Week 2

Note: Week 1 & 5 might only have a few days. In the example above, you work in zone 1 for 4 days.