

FLY LADY

at a Glance

Fly lady at a Glance

Zone

KITCHEN

- Clean Stove
- Clean Oven
- Clean Microwave
- Clean Dishwasher
- Clean Fridge
- Clean Kitchen Counter
- Clean Kitchen Sink
- Clean Kitchen Floor
- Clean Pantry
- Clean Windows

MEAL WEEKLY PLANNER

Day :

Date / Month :

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				

ZONE CHECKLIST

Day :

Date / Month :

Zone 1	Zone 2	Zone 3
Zone 4		

NOTES

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DAILY CHORE CHART

Day : _____ Date / Month : _____

TASK TO DO

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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REMINDER

NOTES

Daily Cleaning Tasks:

- Make beds
- Stack & unpack dishwasher (or wash dishes)
- Wipe down counters
- Wash lunch boxes on school days
- Tidy living spaces

Weekly Cleaning Tasks:

- Vacuuming / Mopping
- Wash bed linen, towels and clothing
- Put away clean linen
- Clean bathrooms
- Clean kitchen
- Tidy living spaces
- Empty school bags

Monthly Cleaning Tasks:

- Wipe baseboards
- Wipe light switches
- Dust light fittings & ceiling fans
- Deep clean appliances
- Remove the dryer lint, Wash rubbish bins
- Clear drains, Clean or replace filters
- Soak hair brushes & accessories
- Dust behind appliances
- Vacuum under furniture
- Spot clean wall marks
- Wash pillows & comforters
- Wash windows, screens & doors
- Clean curtains, blinds, window & door

