

31 July - 6 August

DAILY ROUTINE CHECKLIST

	mo	tu	we	th	fr	sa	su	
 MORNING FROM - TO 7:00 - 7:40	✓	✓	✓	✓				Drink water
	✓	✓	✓	✓				Make beds
	✓	✓	✓	✓				Take vitamins
	✗	✓	✗	✓				Empty the dishwasher
	✓	✓	✓	✓				Let dog out
	✓	✓	✗	✓				Swish and Swipe

 AFTERNOON FROM - TO 14:30 - 16:00	✗	✓	✓	✗				15 min organize/declutter
	✓	✓	✓	✓				Make phonecalls
	✓	✓	✓	✓				Dinner prep
	✓	✓	✗	✗				Shine my kitchen sink

 EVENING FROM - TO 19:20 - 20:20	✓	✓	✓	✓				Help with homework
	✓	✓	✓	✓				Do laundry
	✓	✓	✓	✓				Load dishwasher
	✗	✗	✓	✓				Sweep two floors

 BEFORE BED FROM - TO 22:00 - 22:30	✓	✓	✓	✗				Pick up toys
	✗	✓	✓	✓				Put out hotspots
	✓	✓	✓	✓				Check calendar
	✓	✓	✓	✓				Empty trash

A5 | DAILY ROUTINE | 4 LAYOUTS