|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **SUN** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** |
| **5:30** |  | **Laundry Whites** | **Laundry Darks** | **Laundry Colors** | **Laundry Towels** | **Laundry Cloths** |  |
| **6** |  | **AM ROUTINE**  **Shower Coffee Makeup Dressed Hair Breakfast** | | | | |  |
|  |  |  |
| **7** | **Laundry Towels** | **Laundry Darks** |
|  | **AM ROUTINE**  **Breakfast** | **WORK** | | | | | **AM ROUTINE Breakfast** |
| **8** |
|  |
| **9** |
|  | **Coupons/Menu Planning** | **Clean Bathroom** |
| **10** | **Water Plants** |
|  |  |
| **11** | **∆ Bed Linens** |  |
|  |  |
| **12** | **Weekly Meal Prep** |  |
|  |  |
| **1** |  |
|  |  |
| **2** |  |
|  |  |  |
| **3** |  | **Dust & Glass** | **Desk Day** | **Errands** | **Floors** | **Clean Car/Purse** |  |
|  |  |  |
| **4** |  | **ZONE MISSION** | | | | |  |
|  |  |  |  |  |  |  |  |
| **5** | **AFTERNOON ROUTINE**  **Dinner Make Lunch Clean Counters Dishwasher Clean Sink** | | | | | | |
|  |
| **6** |  |  | **Garbage** |  |  |  | **Mani-Pedi** |
|  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **9** | **EVENING ROUTINE Lay out Clothes Launch Pad Wash Face PJs Empty Dishwasher** | | | | | | |
|  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |
|  | **BEDTIME** | | | | | | |