

Week Of _____

DAILY

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Awake by 8:00am

Eat Breakfast

Eat Lunch

Eat Dinner

Quiet Time (10 min.)

Get Out of the House

Clean Kitchen

In Bed by 12:00am

WEEKLY

1

2

3

Read a book/magazine (30 min.)

Exercise (30 min.)

Take Out Trash

Do Laundry

Clean Desk Area

Clean Family Room

Clean Bedroom

Clean Bathroom

Vacuum / Sweep Floors