

Day \_\_\_\_\_

Top Three Priorities

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Daily:

- Morning Chores
- Vitamins
- Afternoon Chores
- Evening Chores

FITNESS:



Water 1 2 3 4 5 6 7 8

Dinner:

To Do List:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Day \_\_\_\_\_

Top Three Priorities

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- Vitamins
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FITNESS:



Water 1 2 3 4 5 6 7 8

Dinner:

To Do List:

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3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

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FITNESS:



Water 1 2 3 4 5 6 7 8

Dinner:

To Do List:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Daily Schedule

6:00 am  
6:30 am  
7:00 am  
7:30 am  
8:00 am  
8:30 am  
9:00 am  
9:30 am  
10:00 am  
10:30 am  
11:00 am  
11:30 am  
12:00 pm  
12:30 pm  
1:00 pm  
1:30 pm  
2:00 pm  
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10:30 pm  
11:00 pm

# Daily Chores

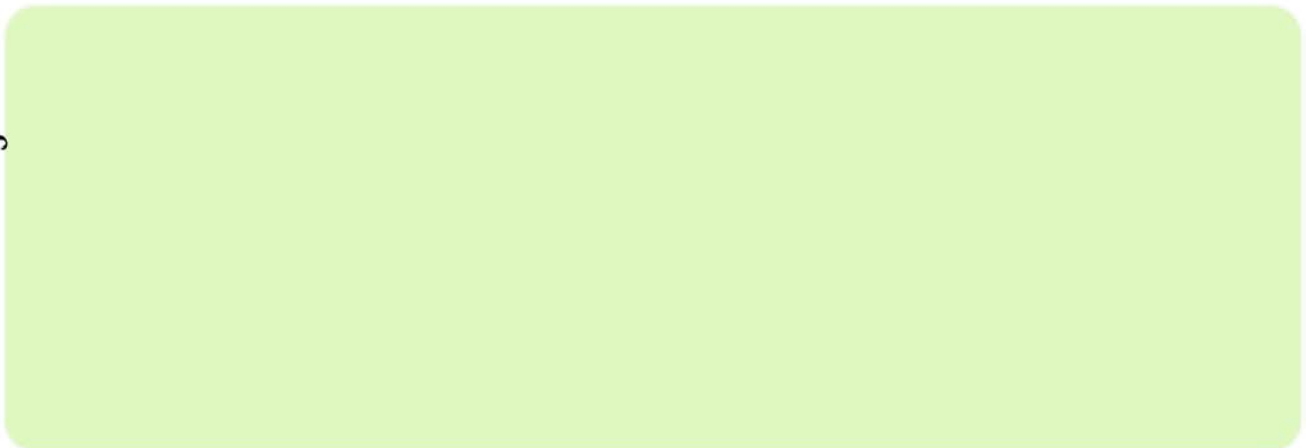
Morning



Afternoon



Evening



# Projects by Month

January

February

March

April

May

June

July

August

September

October

November

December

# Weekly Routine

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon							
Evening							

# Room Cleaning Checklist: \_\_\_\_\_

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# Weekly Meal Plan

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			