

HOME MAINTENANCE & RITUALS

Week of: _____

ROUTINE TASK

MON

TUE

WED

THU

FRI

SAT

SUN

DAILY ESSENTIALS

Make bed & declutter surfaces

Load/Unload dishwasher

Wipe kitchen counters & sink

WEEKLY FOCUS

Vacuum & mop high-traffic areas

Launder linens & towels

Thorough bathroom sanitation

Dusting & glass surfaces

NOTES & MONTHLY TASKS

Enter specific monthly rotations or reminders here...

"A quiet home is a quiet mind." Date Printed: _____