

WEEKLY ROUTINE

CHORE DESCRIPTION

MON
TUE
WED
THU
FRI
SAT
SUN

MORNING FOUNDATION

- Make the bed
- Empty dishwasher
- One load of laundry

EVENING RESET

- Wipe kitchen counters
- 15-minute quick tidy
- Trash and recycling

DEEP DIVE FOCUS

- Floors: Vacuum / Mop
- Bathrooms: Scrub & Sanitize
- Dusting surfaces

Week of: _____ Notes: _____