

DAILY LAUNDRY RHYTHM

"One Load a Day Keeps the Chaos Away"

DAY	FOCUS FOCUS / SPECIFIC LOAD	W / D / F / P
Monday	Weekly Home Blessing: Bed Linens & Towels	
Tuesday	Whites / Light Colors	
Wednesday	Darks / Jeans	
Thursday	Colors / Brights	
Friday	Rugs, Cleaning Rags & Mops	
Saturday	Catch-up Day / Family Choice	
Sunday	Rest Day (No Laundry)	---

THE 5-STEP CYCLE

- **Sort:** Gather today's specific load
- **Wash:** Start immediately in the morning
- **Dry:** Switch before lunch
- **Fold:** Do not leave in the basket
- **Put Away:** The job isn't done until it's home

FLYLADY TIPS

- Listen for the buzzer; don't let it sit
- Involve the children in putting away
- Treat your machine to a clean once a month

- Key: W=Wash, D=Dry, F=Fold, P=Put Away