**Spencer Furgerson Weekly Self-Care List**

Monday

* To-do list for the week
* Load of Laundry
* Catch up on emails

Tuesday

* 2 Hours of HW
* Exercise for 1 hour
* Play video games

Wednesday

* Load of Laundry
* Go grocery shopping
* 2 hours of creativity
* Movie Night

Thursday

* Exercise for 1 hour
* 2 hours of HW
* Play video games

Friday

* 2 hours of creativity
* 2 hours of HW
* Go out with friends

Saturday

* Play golf (9 holes)
* 2 Hours of HW
* Go out to dinner

Sunday

* Turn in HW for the week
* Play video games
* 2 hours of creativity