

Start Time	Time Blocks
6:00 AM	30m

Daily Schedule

Spring 2017

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Personal Time	Get Ready	Get Ready	Get Ready	Get Ready	Get Ready	Personal Time
6:30 AM							
7:00 AM		Work	Work	Work	Work	Work	
7:30 AM							
8:00 AM	Clean Bathrooms						Clean Kitchen
8:30 AM							
9:00 AM	Yardwork						Sweep/Mop
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							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Fold/Iron Clothes						Wash Clothes
5:30 PM							
6:00 PM	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner	Cook Dinner
6:30 PM	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner
7:00 PM		Clean Bedrooms	Clean Living Rms	Clean Kitchen	Clean Living Rms	Clean Bedrooms	
7:30 PM	Vi Bedtime	Vi Bedtime	Vi Bedtime	Vi Bedtime	Vi Bedtime	Vi Bedtime	Vi Bedtime
8:00 PM	Declutter (15 min)	Declutter (15 min)	Declutter (15 min)	Declutter (15 min)	Declutter (15 min)	Declutter (15 min)	Declutter (15 min)
8:30 PM	Clean Sink	Clean Sink	Clean Sink	Clean Sink	Clean Sink	Clean Sink	Clean Sink
9:00 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
9:30 PM							

11 Cleaning Commandments

- 1. Keep your sink clean and shiny.
- 2. Get dressed every morning, even if you don't feel like it. Don't forget your lace-up shoes.
- 3. Do you morning and before-bedtime routine everyday.
- 4. Don't allow yourself to be sidetracked by the computer.
- 5. Pick up after yourself. If you get it out, put it away.
- 6. Don't try to do two projects at once. ONE JOB AT A TIME.
- 7. Don't pull out more than you can put back in one hour.
- 8. Do something for yourself everyday, maybe every morning and night.
- 9. Work as fast as you can to get the job done. This will give you more time to play later.
- 10. Smile even when you don't feel like it. It is contagious. Make your mind up to be happy, and you will be.
- 11. Don't forget to laugh everyday. Pamper yourself; you deserve it!