



Morning routine

☐

Go gym

☐

Make Bed

☐

Small Tidy

☐

Feed Rosie

☐

Walk Rosie

☐

Dishwasher

☐

Poo pick up

☐

Breakfast

☐

Brush Teeth

☐

Skin Care



Evening routine

☐

Feed Rosie

☐

Dinner

☐

Shower

☐

Brush Teeth

☐

Skin Care

☐

Lock up

