

Month:

Year:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Notes:

Monthly Household & Maintenance Suggested Reminders

Bedrooms

- _____ Dust ceiling/corners/fans
- _____ Wash baseboards
- _____ Wash windows & sills
- _____ Clean blinds & light fixtures
- _____ Wipe doors & handles
- _____ Polish furniture and mirrors
- _____ Clean beneath bed & furniture
- _____ Sweep, Vacuum & Mop
- _____ Declutter drawers/closets
- _____ Wipe down light switches
- _____ Dust wall hangings/collectibles
- _____ Launder bed linens & replace
- _____ Dust walls with dustmop

Bathrooms

- _____ Dust ceiling/corners/vent fan
- _____ Launder bath rugs
- _____ Wash baseboards
- _____ Wash windows, sills & blinds
- _____ Empty and clean trash bin
- _____ Wash down doors & handles
- _____ Shine shower doors & mirrors
- _____ Clean beneath vanities
- _____ Sweep, Vacuum & Mop
- _____ Declutter drawers
- _____ Declutter cabinets
- _____ Clean shower drain cover
- _____ Wipe down cabinet doors
- _____ Scrub sinks, toilets & tubs
- _____ Wipe down light switches

Kitchen/Laundry Room

- _____ Clean refrigerator & top
- _____ Clean fan hood & filters
- _____ Wash baseboards
- _____ Wash windows & sills
- _____ Clean mini-blinds
- _____ Wipe doors & handles
- _____ Shine glass doors & mirrors
- _____ Clean beneath appliances
- _____ Sweep, Vacuum & Mop
- _____ Declutter one drawer
- _____ Declutter one cabinet
- _____ Clean below sink area
- _____ Wipe down cabinet doors
- _____ Descale coffee pot
- _____ Clean light fixtures & fans
- _____ Wipe down light switches
- _____ Clean oven

Living Room/Dining Room

- _____ Dust ceiling/corners/fans
- _____ Wash baseboards
- _____ Wash windows & sills
- _____ Clean blinds & light fixtures
- _____ Wipe doors & handles
- _____ Polish furniture and mirrors
- _____ Wash down tables & chairs
- _____ Sweep, Vacuum & Mop
- _____ Clean floor carpeting/stains
- _____ Wipe down light switches
- _____ Dust wall hangings/collectibles
- _____ Replace decorative candles
- _____ Clean out coat closet
- _____ Clean front door exterior
- _____ Wash porch welcome mat

Office/Pantry/Foyer

- _____ Dust ceiling/corners/fans
- _____ Wash baseboards
- _____ Wash windows & sills
- _____ Clean blinds & light fixtures
- _____ Wipe doors & handles
- _____ Polish furniture and mirrors
- _____ Declutter desk papers
- _____ Sweep, Vacuum & Mop
- _____ Declutter drawers/closets
- _____ Wipe down light switches
- _____ Dust wall hangings/collectibles
- _____ Maintain/update computers
- _____ Dust bookshelves
- _____ Balance checking accounts
- _____ Maintain bookkeeping/pay bills

Declutter/Maintain/Restock

- _____ Restock medicines/first aid
- _____ Replace toothbrushes/heads
- _____ Declutter worn towels/cloths
- _____ Declutter empty bottles/bins
- _____ Restock outdated makeup
- _____ Check tire pressure on vehicles
- _____ Check oil pressure on vehicles
- _____ Replace A/C filters in house
- _____ Fertilize household plants
- _____ Declutter closets for donation
- _____ Declutter old freezer items
- _____ Wash/vacuum Vehicles
- _____ Weed/landscape flower beds

Last Week's Reflections

Last week, how successful was my planning?

Were my goals realistic? YES NO

Were my goals met? YES NO

Should I change anything in the expectations I place on myself to bring about a better result for my future?

Pressing Forward ...

What are this week's goals?

How do I plan to get there?

Work _____

Spiritual _____

Dietary _____

Physical _____

House _____

Projects _____

What are my personal aspirations for this week?

What pitfalls must I watch out for this week in pursuing my goals/ambitions/plans?

Sunday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

Protein _____

Carbohydrates _____

Fat _____

Daily Vitamins/Medications:

Exercise Routine:

Cardio: _____

Distance ___ Time ___ Speed ___

Strength: _____

Weight ___ Reps ___ Sets ___

Daily Personal Goal: _____

Daily Bible Study/Scripture:

(_____)

Selah Reflections:

To Do:

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To Buy:

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Thoughts & Notations:

Schedule/Appointments

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CHAOS FREE Housecleaning

- ___ One Load of Laundry
- ___ Swish & Swipe (Quick House Tidy!)
- ___ Weekly Zone Clean (1 , 2, 3, 4, 5):

Zones:

(1-Bedrooms; 2-Baths; 3-Kitchen/Laundry;
4-Living/Dining; 5-Office/Pantry)

Monday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

Protein _____

Carbohydrates _____

Fat _____

Daily Personal Goal: _____

Daily Bible Study/Scripture:

(_____)

Selah Reflections:

To Do:

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Exercise Routine:

Cardio: _____

Distance ___ Time ___ Speed ___

Strength: _____

Weight ___ Reps ___ Sets ___

Tuesday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

Protein _____

Carbohydrates _____

Fat _____

Daily Vitamins/Medications:

Exercise Routine:

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Distance ___ Time ___ Speed ___

Strength: _____

Weight ___ Reps ___ Sets ___

Daily Personal Goal: _____

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(_____)

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Wednesday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

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Carbohydrates _____

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Daily Vitamins/Medications:

Exercise Routine:

Cardio: _____

Distance ___ Time ___ Speed ___

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Daily Personal Goal: _____

Daily Bible Study/Scripture:

(_____)

Selah Reflections:

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Thursday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

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Carbohydrates _____

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Daily Vitamins/Medications:

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Daily Bible Study/Scripture:

(_____)

Selah Reflections:

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Friday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

Protein _____

Carbohydrates _____

Fat _____

Daily Vitamins/Medications:

Exercise Routine:

Cardio: _____

Distance ___ Time ___ Speed ___

Strength: _____

Weight ___ Reps ___ Sets ___

Daily Personal Goal: _____

Daily Bible Study/Scripture:

(_____)

Selah Reflections:

To Do:

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To Buy:

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Thoughts & Notations:

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4-Living/Dining; 5-Office/Pantry)

Saturday, _____

Water: ☐
(12 oz.)

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

TOTAL MACRONUTRIENTS:

Protein _____

Carbohydrates _____

Fat _____

Daily Vitamins/Medications:

Exercise Routine:

Cardio: _____

Distance ___ Time ___ Speed ___

Strength: _____

Weight ___ Reps ___ Sets ___

Daily Personal Goal: _____

Daily Bible Study/Scripture:

(_____)

Selah Reflections:

To Do:

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To Buy:

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Thoughts & Notations:

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