

Name \_\_\_\_\_

Dates \_\_\_\_\_

### Daily Duties

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Make Bed							
Exercise							
Mindfulness Meditation							
Get Dressed							
Deodorant							
Eat Breakfast							
Brush Teeth							
Unload Dishwasher (am)							
Clear Drainboard (am)							
Unload Dishwasher (pm)							
Clear Drainboard (pm)							
Put Away Dinner Leftovers							
Shower							
Brush Teeth							
Tidy Bedroom							

### Weekend Duties

Vacuum Your Bedroom	
Wash/Dry/Fold Your Laundry	
Empty Garbage (Bathrooms)	
Clean Toilet	
Clean Counter & Sink	
Clean Mirror	

### Notes
