

Name \_\_\_\_\_

Dates \_\_\_\_\_

### Daily Duties

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Make Bed							
Exercise							
Mindfulness Meditation							
Get Dressed							
Deodorant							
Eat Breakfast							
Brush Teeth							
Load Dishwasher (am)							
Disposal & Counters (am)							
Load Dishwasher (pm)							
Disposal & Counters (pm)							
Shower							
Brush Teeth							
Tidy Bedroom							

### Weekend Duties

Vacuum Your Bedroom	
Wash/Dry/Fold Your Laundry	
Sweep All Hard Floors	
Sweep Stairs & Entry Way	
Mop All Hard Floors	
Mop Stairs & Entry Way	

### Notes
