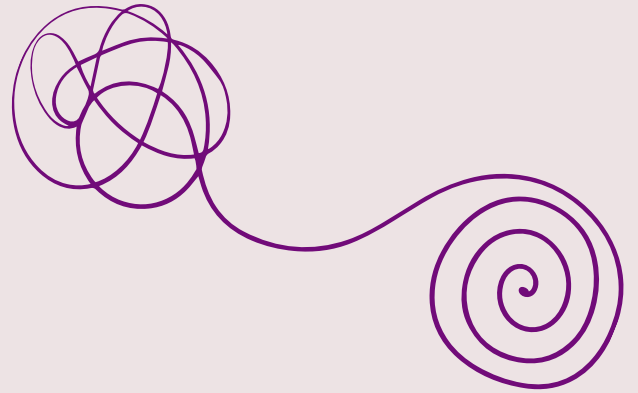


# Sunday



- MENU FOR THE WEEK
- GROCERY LIST
- GROCERY SHOPPING/PICK UP
- PLAN WORKOUTS FOR THE WEEK
- WEEKLY SCHEDULE (EVERYONE IN HOUSEHOLD)
- SELF-CARE | ME-TIME SCHEDULE
- MEAL PREP LUNCHES
- GO ON A WALK
- CLEAN OUT YOUR PURSE AND/OR WORK BAG
- LAUNDRY
- DISINFECT SURFACES & DOOR HANDLES
- VACUUM/SWEEP FLOORS
- CLEAN TOILETS
- RESTOCK PAPER PRODUCTS THROUGHOUT
- WATER PLANTS
- GO TO BED EARLY

## Additional **1X P/MONTH**

- MOP
- WASH ALL BEDDING
- WASH WINDOWS/MIRRORS
- TRASH OUT OF VEHICLE