

# Morning

Routine

Up/Coffee/Bible

Run

Shower/Dress

Straighten

Bathroom/Bedroom

Make Bed

Start Laundry



# Afternoon

Routine

Clean Kitchen up

Quick 10-min clean up

Switch laundry

Fold a load of laundry

Daily Job



# Evening

Routine

Make to-do list for  
next day

Quick house pick up

Lay out clothes for  
next day

Take pills

PJs on, contacts out,  
face washed

