

A little, each day.

YOUR TASKS / YOUR ROUTINE

MONDAY

- ☐ _____
- ☐ _____
- ☐ _____

TUESDAY

- ☐ _____
- ☐ _____
- ☐ _____

WEDNESDAY

- ☐ _____
- ☐ _____
- ☐ _____

THURSDAY

- ☐ _____
- ☐ _____
- ☐ _____

FRIDAY

- ☐ _____
- ☐ _____
- ☐ _____

SATURDAY

- ☐ _____
- ☐ _____
- ☐ _____

SUNDAY

- ☐ _____
- ☐ _____
- ☐ _____

SUPPLIES / NOTES

- ☐ _____
- ☐ _____
- ☐ _____