



Morning Routine

Make Breakfast	20 min.
Eat Breakfast & Training/Food Log	20 min.
Shower/Face/Teeth	20 min.
Dress	20 min.

Night Routine

Prepare gym bag/lay out clothes	15 min.
Face/teeth/lotion	10 min.
Training/Food Log	15 min.
Laundry/Dishes/Counters	20 min.
Nightly Capers	20 min.
WC Chat	15 min.

Monday Chores

- Nutrition Planning 20 min.
- Cook for T-R 2 hrs
- Garbage - K, BA, BR 10 min.
- Change kitchen towels 5 min.

Tuesday Chores

- Bathroom sink, countertop, mirror 15 min.
- Clean toilet 10 min.
- Check supplies (TP, trash bags) 10 min.
- Shake out rugs 15 min.

Thursday Chores

- Laundry 15 min.
- Vacuum LR & clean tabletops 15 min.
- Clothes folded & put away 30 min.

Friday Chores

- Meal Planing 15 min.
- Training blog update 15 min.
- Nails 30 min.

Sunday Chores

- Sweep floors 20 min.
- Cook & pack week's lunches 2 hrs
- Review weekly training plan 20 min.

Monthly Routine - Week 1

- Kitchen deep clean
- Draft monthly overview schedule
- Photos & letter-writing

Monthly Routine - Week 2

- Bathroom deep clean
- Financial health check

Monthly Routine - Week 3

- Bedroom deep clean & purge
- Massage
- Car maintenance

Monthly Routine - Week 4

- Living room/dining room deep clean
- Training data analysis
- Training photo