

# Weekly Checklist

## **Biomed:**

1. Order supplements
2. Plan lunches for school
3. Track IEP goals
4. Divide supplement doses
5. Fill supplement packs for everyone
6. Research next biomed option
7. Print next week's journal entry pages

## **Kitchen:**

1. Mop floor
2. Clean out refrigerator
3. Wipe down appliances and cupboards

## **Bathrooms:**

1. Clean mirror
2. Empty trash
3. Mop floor

## **Bedrooms:**

1. Clean mirror
2. Vacuum carpet
3. Dust
4. Change sheets

## **Living room, dining room, family room:**

1. Dust
2. Vacuum
3. Clean mirrors

## **Paperwork and Miscellaneous Duties**

1. Plan menu for next week
2. Clean out purse
3. Water plants
4. Clean out car
5. Straighten laundry room
6. Errands (grocery store, library, post office)