

Basic Weekly Plan

Monday: Weekly Chores Day

1. Get up and get dressed
2. Laundry
3. Weekly Chores
 1. Change Sheets
 2. Empty all trash.
 3. vacuum all rooms
 4. Mop kitchen and bath
 5. Clean mirrors and doors
 6. Dust

Tuesday: Research Day

1. Read or research next biomed step

Wednesday: Menu/ Chore Day

1. Monthly Chore Day (pick a room or two)
2. Make sure refrigerator is clean.
3. Work on menus and grocery list for next week.
4. Balance check book before going shopping

Thursday: Grocery and Errand Day

1. Make sure menus are planned before you go shopping.
2. Errand Day:
 1. Library.
 2. Post office.
 3. Bank

Friday: Paperwork and Misc.

1. Get food from the freezer for next week.
2. File papers/ pay bills.
3. Clean out purse.
4. Clean out car and check fluids.
5. Clean laundry room.

Saturday is "Family Fun Day"

Sunday is Get Ready for the Week Day!

1. Choose next week's clothes for the kids
2. Divide supplement doses
3. Fill weekly supplement pack