

Weekly Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Chore Schedule

	LAUNDRY	DAILY CLEANING	DECLUTTERING	ONCE A MONTH
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				