HOME MANAGEMENT Planner

MY ADHD PLANNER FOR HOME MANAGEMENT!

HOME MANAGEMENT

Planner

2023

Calendar

January

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2024

Calendar

January

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

DAY

At A Glance

DATE.....

TODAY'S FOCUS

TOP PRIORITY

APPOINTMENTS

CALL / EMAIL / MESSAGE

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WATER INTAKE

SCHEDULE

7:00 .....
8:00 .....
9:00 .....
10:00 .....
11:00 .....
12:00 .....
1:00 .....
2:00 .....
3:00 .....
4:00 .....
5:00 .....
6:00 .....
7:00 .....
8:00 .....
9:00 .....
10:00 .....
11:00 .....

NOTE

PLAN FOR TOMORROW
1
2
3

WEEK

At A Glance

DATE.....

WEEK #.....

WEEKLY PRIORITY

- .....
- .....
- .....
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- .....

HABIT

	M	T	W	T	F	S	S
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REMINDER

NOTES

	MON
	TUE
	WED
	THU
	FRI
	SAT
	SUN

DAILY

Planner

DATE.....

TODAY'S MOOD

VERY HAPPY------ NEUTRAL------ NOT GREAT

I AM GRATEFUL FOR

BRAIN DUMP

BREAKFAST

LUNCH

DINNER

TO DO LIST

- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....

GOALS / TOP PRIORITY

NOTES

WEEKLY

Planner

WEEK OF.....

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

TO DO LIST

- [ ] .....
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- [ ] .....
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BRAIN DUMP

GOALS / TOP PRIORITY

NOTES

WEEKLY

essentials

WEEK OF.....

	SELF CARE	FAMILY	CLEANING	COOKING
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

NIGHTLY

check - in

DATE .....

I'M FEELING .....

MOM THOUGHTS

GOAL PROGRESS?

NIGHT ROUTINE

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SELF CARE

What went well

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Heavy Moments

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STILL ON TO DO LIST

KID'S MILESTONES

NIGHTLY CHECKS

- CLOSING CHECKLIST DONE? ☐
- SHOPPING LISTS UPDATED? ☐
- NIGHTLY ROUTINE COMPLETE? ☐
- BASIC NEEDS MET? ☐

JANUARY

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

FEBRUARY

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

MARCH

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

ARPIL

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

MAY

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

JUNE

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

JULY

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

AUGUST

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

SEPTEMBER

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

OCTOBER

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

NOVEMBER

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

DECEMBER

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

MONTH

year

MON	TUE	WED	THU

FRI	SAT	SUN

NOTE

DAILY

Worksheet Planner

DATE .....

LOCATION

WORKOUT FOCUS

.....

.....

.....

EXERCISE	REPS	SETS	TARGET MUSCLE

equipment:

warm up

cool down

NOTES

DAILY
Wellness Tracker

DATE .....

STEPS .....

SLEEP .....

TODAY'S WORKOUT

EXERCISE	REPS	SETS	TARGET MUSCLE

MOOD

WATER

SUPPLIMENTS

- .....
- .....
- .....
- .....
- .....
- .....

BREAKFAST

LUNCH

DINNER

SNACKS

NUTRITION

SCREEN TIME

GRATEFUL FOR

WEEKLY

Workout Planner

WEEK OF .....

MAIN GOAL .....

MON	TUE	WED	THU

FRI	SAT	SUN	EQUIPMENT

DAILY

Food Tracker

DATE .....

WATER

SUPPLIMENTS

- .....
- .....
- .....
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- .....

NUTRITION

BREAKFAST

LUNCH

DINNER

SNACKS

SLEEP
Tracker

YEAR .....
MONTH .....

DATE	HOURS OF SLEEP	ENERGY LEVEL
1		☆☆☆☆☆
2		☆☆☆☆☆
3		☆☆☆☆☆
4		☆☆☆☆☆
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6		☆☆☆☆☆
7		☆☆☆☆☆
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9		☆☆☆☆☆
10		☆☆☆☆☆
11		☆☆☆☆☆
12		☆☆☆☆☆
13		☆☆☆☆☆
14		☆☆☆☆☆
15		☆☆☆☆☆
16		☆☆☆☆☆

DATE	HOURS OF SLEEP	ENERGY LEVEL
17		☆☆☆☆☆
18		☆☆☆☆☆
19		☆☆☆☆☆
20		☆☆☆☆☆
21		☆☆☆☆☆
22		☆☆☆☆☆
23		☆☆☆☆☆
24		☆☆☆☆☆
25		☆☆☆☆☆
26		☆☆☆☆☆
27		☆☆☆☆☆
28		☆☆☆☆☆
29		☆☆☆☆☆
30		☆☆☆☆☆
31		☆☆☆☆☆

CYCLE

Tracker

MONTH .....

MON	TUE	WED	THU	FRI	SAT	SUN

LEGEND

FERTILE WINDOW

OVULATION

MENSTRUATION

OVULATION .....

FERTILE WINDOW .....

PERIOD STARTED .....

PERIOD ENDED .....

CYCLE LENGTH .....

SYMPTOMS & MOODS

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YEARLY

YEAR .....

Cycle

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JANUARY																															
FEBRUARY																															
MARCH																															
APRIL																															
MAY																															
JUNE																															
JULY																															
AUGUST																															
SEPTEMBER																															
OCTOBER																															
NOVEMBER																															
DECEMBER																															

	CYCLE LENGTHS	SYMPTOMS
JANUARY		
FEBRUARY		
MARCH		
APRIL		
MAY		
JUNE		
JULY		
AUGUST		
SEPTEMBER		
OCTOBER		
NOVEMBER		
DECEMBER		

COLOR CODE

- OVULATION ☐
- FERTILE WINDOW ☐
- MENSTRUATION ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTE

FOOD

Sensitivity Tracker

DATE .....

TODAY I ATE

		DAIRY	GLUTEN	SOY	LEGUMES	NUTS	ALCOHOL	EGGS		
MORNING										
AFTERNOON										
EVENING										

NOTES

WEEKLY

Meal Planner

FOR THE WEEK OF .....

MONDAY

B	
L	
D	

TUESDAY

B	
L	
D	

WEDNESDAY

B	
L	
D	

THURSDAY

B	
L	
D	

FRIDAY

B	
L	
D	

SATURDAY

B	
L	
D	

SUNDAY

B	
L	
D	

SHOPPING LIST

- ☐
- ☐
- ☐
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- ☐
- ☐
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WEEKLY

Meal Planner

FOR THE WEEK OF .....

MON	TUE	WED	THU

FRI	SAT	SUN

FREEZER	PANTRY	FRIDGE
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GROCERY List

FOR THE WEEK OF .....

PANTRY

FRUIT & VEG

HOUSEHOLD

DAIRY

PERSONAL CARE

BAKING & SPICE

MEAT & SEAFOOD

FROZEN

MASTER

Grocery List

PRODUCE / DELI

- ◯ LEMONS
- ◯ LIMES
- ◯ APPLES
- ◯ BANANAS
- ◯ GRAPES
- ◯ PEARS
- ◯ BERRIES
- ◯ GRAPEFRUIT

OTHER FRUITS

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ CELERY
- ◯ TOMATOES
- ◯ LETTUCE
- ◯ PREWASHED SALAD
- ◯ BELL PEPPERS
- ◯ CARROTS
- ◯ ONIONS
- ◯ SCALLIONS
- ◯ GARLIC
- ◯ POTATOES
- ◯ GREEN BEANS
- ◯ CORN
- ◯ SPINACH
- ◯ AVOCADOES
- ◯ CUCUMBERS
- ◯ ASPARAGUS
- ◯ MUSHROOMS
- ◯ BROCCOLI
- ◯ CAULIFLOWER

OTHER VEGETABLE

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ FRESH HERBS
- ◯ DELI MEATS
- ◯ DELI CHEESE

MEAT / FISH

- ◯ BEEF
- ◯ CHICKEN
- ◯ TURKEY
- ◯ PORK
- ◯ SAUSAGE
- ◯ SEAFOOD

OTHER

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

DRY GOODS

- ◯ BREAD
- ◯ CEREAL
- ◯ BREADCRUMBS
- ◯ OATMEAL
- ◯ CREAKERS
- ◯ CHIPS
- ◯ PRETZELS
- ◯ COOKIES
- ◯ GRANOLA BARS
- ◯ POPCORN
- ◯ PASTA
- ◯ BEANS
- ◯ RICE

OTHER DRY GOODS

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯

BAKING GOODS

- ◯ SUGAR
- ◯ CORFECTIONER'S SUGAR
- ◯ BROWN SUGAR
- ◯ HONEY
- ◯ FLOUR
- ◯ BAKING SODA
- ◯ CORNSTARCH
- ◯ CHOCOLATE CHIPS
- ◯ RAISINS
- ◯ CAKE MIX
- ◯ PANCAKE MIX
- ◯ COCOA
- ◯ MARSHMALLOWS
- ◯ COMMEAL
- ◯ SHORTENING
- ◯ YEAST
- ◯ SALT
- ◯ PEPPER
- ◯ EXTRACTS
- ◯ DRIED HERBS
- ◯ DRIED SPICES
- ◯ NUTS

OTHER BAKING GOODS

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

MASTER

Grocery List

CANNED / JARRED GOODS

- ◯ TOMATOES
- ◯ TOMATO PASTE
- ◯ TOMATO SAUCE
- ◯ FRUIT
- ◯ APPLESAUCE
- ◯ TUNA
- ◯ BROTH
- ◯ BOUILLON
- ◯ SOUP
- ◯ PEANUT BUTTER
- ◯ JAM / JELLY
- ◯ OLIVES (GREEN)
- ◯ OLIVES (BLACK)
- ◯ CREAMED CORN
- ◯ PIE FILLING
- ◯ PICKLES

OTHER CANNED / JARRED GOODS

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

CONDIMENTS / SAUCES

- ◯ OIL
- ◯ VINEGAR
- ◯ KETCHUP
- ◯ MAYYONNAISE
- ◯ MUSTARD
- ◯ RELISH
- ◯ SALAD DRESSING
- ◯ SOY SAUCE
- ◯ SALSA
- ◯ COCKTAIL SAUCE
- ◯ COOKING SPRAY
- ◯ HORSERADISH
- ◯ LEMON JUICE
- ◯ STEAK SAUCE
- ◯ SWEET& SOUR
- ◯ TERIYAKI
- ◯ VEGETABLE OIL
- ◯ PASTA SAUCE

OTHER CONDIMENTS

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

BEVERAGES (NONCHILLED)

- ◯ SODA
- ◯ SELTZER
- ◯ JUICE
- ◯ WATER
- ◯ TEA
- ◯ COFFEE
- ◯ COFFEE FILTERS
- ◯ BEER
- ◯ WINE
- ◯ CHAMPAGNE
- ◯ ENERGY DRINKS
- ◯ LIQUOR
- ◯ SOFT DRINKS

OTHER BEVERAGES

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

FROZEN

- ◯ ICE CREAM
- ◯ PIZZA
- ◯ WAFFLES
- ◯ CHICKEN BITES
- ◯ DESSERTS
- ◯ FISH STICKS
- ◯ ICE POPS
- ◯ POTATOES
- ◯ MEAT
- ◯ PIE SHELLS

OTHER FROZEN ITEMS

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

DAIRY

- ◯ SKIM MILK
- ◯ WHOLE MILK
- ◯ EGGS
- ◯ CREAM
- ◯ COTTAGE CHEESE
- ◯ CREAM CHEESE
- ◯ BUTTER
- ◯ BUTTERMILK
- ◯ YOGHURT-PLAIN
- ◯ YOGHURT-FLAVORED
- ◯ CHEESE
- ◯ WHIPPED CREAM
- ◯ BLEU CHEESE
- ◯ MOZZARELLA

OTHER DAIRY

- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

MENU

At A Glance

	WEEK 1	WEEK 2
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

notes

BREAKFAST IDEAS

LUNCH IDEAS

DINNER IDEAS

SNACK IDEAS

MENU

At A Glance

	WEEK 3	WEEK 4
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

notes

BREAKFAST IDEAS

LUNCH IDEAS

DINNER IDEAS

SNACK IDEAS

PANTRY

MONTH .....

Inventory

ITEM	EXPIRY	QUANTITY	USED

FREEZER

MONTH .....

Inventory

ITEM	EXPIRY	QUANTITY	USED

FRIDGE

MONTH .....

Inventory

ITEM	EXPIRY	QUANTITY	USED

SPICE

Inventory

MONTH .....

ITEM	EXPIRY	QUANTITY	USED

TO DO

List

DATE.....

TOP GOAL .....

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MINI
To - do

DATE.....

NEED TO DO

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WOULD LIKE TO DO

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TO DO TOMORROW

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- [ ] .....
- [ ] .....

ADD TO OTHER LISTS

NOTES

WEEKLY
Goals

WEEK OF .....

MAIN GOAL .....

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

goal achieved?

YES NO

HABIT

Tracker

WEEK OF .....

HABIT	M	T	W	T	F	S	S
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.....							

WEEK OF .....

HABIT	M	T	W	T	F	S	S
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WEEK OF .....

HABIT	M	T	W	T	F	S	S
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.....							

BRAIN
Dump

DATE.....

REASON .....

WORK

HOME

KIDS

TO DO

RANDOM THOUGHTS

TOP 3 PRIORITY

1 .....

2 .....

3 .....

DAILY

Check In

DATE.....

I WAKE UP FEELING

TODAY'S AFFIRMATION

TODAY I'M THANKFUL FOR

1 .....

2 .....

3 .....

4 .....

WHAT WOULD MAKE TODAY GREAT

TODAY MINI MILESTONES

1 .....

2 .....

3 .....

WHAT WAS BEAUTIFUL ABOUT TODAY

TOMORROW I'M LOOKING FORWARD TO

TODAY RANKING

I GO TO BED FEELING

DAILY

Reflections

5 THINGS I'M THANKFUL FOR

HOW I'M FEELING TODAY

TODAY GOALS

TODAY AFFIRMATIONS

THINGS TO LET GO OF FOR A BETTER TOMORROW

WEEKLY

Reflections

I'M THANKFUL FOR

A HAPPY MOMENT

NEGATIVE THOUGHT TO LET GO

GOALS ACCOMPLISHED

GOALS FOR NEXT WEEK

HOW I FELT THIS WEEK

A LESSON LEARNED

SELF CARE

Checklist

FROM .....

TO .....

BASIC

	M	T	W	T	F	S	S

PHYSICAL

	M	T	W	T	F	S	S

MENTAL / EMOTIONAL

	M	T	W	T	F	S	S

SELF CARE
Checklist

FROM .....

TO .....

BASIC

	M	T	W	T	F	S	S
DRINK WATER STAY HYDRATED							
WASH FACE / BRUSH TEETH							
EAT A MEAL							
GET A GOOD NIGHT SLEEP / REST							
SHOWER							

PHYSICAL

	M	T	W	T	F	S	S
GET A GOOD NIGHT SLEEP / REST							
GET SOME FRESH AIR							
NOTICE YOUR BREATH							
TAKE A HOT SHOWER							
TAKE A NAP							
LISTEN TO MUSIC							
DANCE (ALONE OR WITH SOMEONE)							

MENTAL / EMOTIONAL

	M	T	W	T	F	S	S
UNPLUG / UNWIND							
TALK TO A FRIEND							
SET DAILY GOALS							
WRITE IN A JOURNAL							
BE GRATEFUL							
BE KIND AND FORGIVE YOURSELF							

SELF CARE

DATE.....

Routines

BASIC HYGIENE AND BODY CARE

DAILY	WEEKLY	OCCASIONALLY
MORNING	MON	
	TUE	
	WED	
AFTERNOON	THU	
	FRI	
EVENING	SAT	
	SUN	

HEALTH AND SOUL

DAILY	WEEKLY	OCCASIONALLY
MORNING	MON	
	TUE	
	WED	
AFTERNOON	THU	
	FRI	
EVENING	SAT	
	SUN	

GRATITUDE

Practice

MY PEOPLE

PEOPLE I'M GRATEFUL FOR

MY THINGS

THINGS I'M GRATEFUL FOR

MY MEMORIES

EXPERIENCES AND MEMORIES I'M GRATEFUL FOR

OTHER GOOD STUFF

OTHER STUFF I'M GRATEFUL FOR

MOOD

Tracker

KEY

COLOR	MOOD	HOW I MANAGED IT

NOTES

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
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29												
30												
31												

WEEKLY MOOD

Tracker

DATE FROM..... TO .....

	MON	TUE	WED	THU	FRI	SAT	SUN
EARLY MORNING .....TO.....							
LATE MORNING .....TO.....							
AFTERNOON .....TO.....							
EVENING .....TO.....							
BEFORE BED .....TO.....							

KEY

CLEANING

Schedule

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

DAILY

	M	T	W	T	F	S	S

MONTHLY

	M	T	W	T	F	S	S

CLEANING SUPPLY LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

NOTES

OPENING

Checklist

DATE.....

GRATITUDE .....

SELF CARE

- [ ] DRINK WATER
- [ ] STRETCH
- [ ] MOMENT OF REFLECTION
- [ ] WORKOUT
- [ ] SHOWER
- [ ] BREAKFAST
- [ ] SOMETHING THAT FULLFILLS YOU

KIDS

- [ ] WAKE UP KIDS
- [ ] OFFER WATER
- [ ] BREAKFAST
- [ ] WASHED
- [ ] DRESSED
- [ ] BRUSH TEETH
- [ ] HELP WITH 1 CHORE

MEAL / FOOD PREP

- [ ] MAKE BREAKFAST
- [ ] COFFEE / TEA
- [ ] PREP MORNING SNACK
- [ ] PREP LUNCH
- [ ] PREP DINNER
- [ ] UPDATE SHOPPING LISTS
- [ ]

CHORES

- [ ] MAKE BEDS
- [ ] PACK DIAPER BAG OR BACKPACK
- [ ] EMPTY DISHWASHER
- [ ] LOAD DISHWASHER
- [ ] TIDY KITCHEN
- [ ] PUT LAUNDRY AWAY
- [ ] QUICK TIDY

GOALS

TO DO

OPENING

Checklist

DATE.....

GRATITUDE .....

SELF CARE

- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....
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- [ ] .....

KIDS

- [ ] .....
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MEAL / FOOD PREP

- [ ] .....
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CHORES

- [ ] .....
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GOALS

TO DO

CLOSING

Checklist

DATE.....

GRATITUDE .....

SELF CARE

- [ ] DRINK WATER
- [ ] STRETCH
- [ ] MOMENT OF REFLECTION
- [ ] SHOWER
- [ ] LAYOUT CLOTHES FOR NEXT DAY
- [ ] SOMETHING THAT FULLFILLS YOU
- [ ] .....

KIDS

- [ ] DINNER
- [ ] HELP WITH DINNER CLEAN UP
- [ ] BATH
- [ ] BRUSH TEETH
- [ ] PYJAMAS
- [ ] READ OR BEDTIME ROUTINE
- [ ] .....

MEAL / FOOD PREP

- [ ] PREP BREAKFAST
- [ ] PLAN LUNCH / DINNER
- [ ] UPDATE SHOPPING LIST
- [ ] .....
- [ ] .....
- [ ] .....
- [ ] .....

CHORES

- [ ] LOAD DISHWASHER
- [ ] QUICK KITCHEN CLEAN
- [ ] MOP / VACUUM
- [ ] PUT LOAD OF LAUNDRY IN
- [ ] CHANGE LAUNDRY OVER
- [ ] QUICK BATHROOM WIPE DOWN
- [ ] UPDATE TO DO LIST FOR NEXT DAY

GOALS PROGRESS

WHAT GOT MISSED?

CLOSING

Checklist

DATE.....

GRATITUDE .....

SELF CARE

- [ ] .....
- [ ] .....
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KIDS

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MEAL / FOOD PREP

- [ ] .....
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CHORES

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GOALS PROGRESS

WHAT GOT MISSED?

LAUNDRY

Schedule

WEEK OF .....

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

DAILY CLEANING

	M	T	W	T	F	S	S

MONTHLY CLEANING

ZONE

Cleaning List

1	KITCHEN • WIPE DOWN /DECLUTTER COUNTERTOPS • WIPE DOWN CABINET / DRAWER FRONTS • WIPE DOWN ALL APPLIANCES • SWEEP / MOP KITCHEN FLOORS • ORGANIZE FRIDGE AND PANTRY • SCRUB KITCHEN SINK	DINING ROOM • SWEEP/MOP UNDER DINING TABLE • WIPE DOWN/DUST DINING ROOM FURNITURES • SPOT CLEAN DINING CHAIRS • GENERAL TIDYING UP
2	BATHROOMS • CLEAN COUNTERTOPS/FAUCETS • CLEAN ALL TOILETS • CLEAN BATHROOM MIRRORS • SWEEP/MOP ALL BATHROOM FLOORS • CLEAN BATHTUBS/SHOWERS • WASH ALL BATH TOWELS	• SHAKE OUT BATHMATS • ORGANIZE/DECLUTTER COUNTERTOPS/DRAWERS • SPRAY DISINFECTANT ON PLASTIC SHOWER CURTAINS
3	BEDROOMS • VACUUM BEDROOMS • DUST ALL BEDROOM FURNITURES • CLEAN OFF ALL NIGHTSTANDS • GENERAL BEDROOM DECLUTTERING • ORGANIZE ALL BEDROOM CLOSETS	
4	LIVING ROOM • VACUUM LIVING ROOM • FLUFF AND SPOT CLEAN THROW PILLOWS • WASH AND FOLD BLANKETS • DUST ALL LIVING ROOM FURNITURES • GENERAL TIDYING UP	
5	LAUNDRY ROOM • WASH/FOLD/PUSH AWAY ALL LAUNDRY • SWEEP/MOP LAUNDRY ROOM • SHAKE OUT LAUNDRY ROOM RUG • WIPE DOWN FRONT OF WASHER/DRYER • GENERAL TIDYING UP	MUDROOM AND ENTRYWAY • ORGANIZE MUD ROOM AREA • SWEEP/MOP MUDROOM AND ENTRY • DUST ALL ENTRYWAY FURNITURES • GENERAL TIDYING UP/DECLUTTERING

ZONE

Cleaning List

1		
2		
3		
4		
5		

MONTHLY

MONTH .....

Budget

INCOME

INCOME-1		
INCOME-2		
OTHER INCOME		
	TOTAL INCOME	

EXPENSES

MONTH

BUDGET

BILL TO BE PAID	DUE DATE	AMOUNT	PAID	NOTES
			○	
			○	
			○	
			○	
			○	
			○	
			○	
			○	
			○	
			○	
			○	
	TOTAL			

TOTAL INCOME

.....

TOTAL EXPENSES

.....

DIFFERENCE

.....

NOTES

MONTHLY

MONTH .....

Budget Breakdown

INCOME	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

HOUSING COSTS	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

UTILITIES	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

	EXPECTED	ACTUAL	DIFFERENCE
TOTAL			

BUDGET SUMMARY

INCOME	EXPECTED	ACTUAL	DIFFERENCE

EXPENSE	EXPECTED	ACTUAL	DIFFERENCE

CAR

Maintenance

DETAILS .....

VEHICLE .....

MODEL .....

INSURANCE .....

.....

DATE	SERVICE / REPAIR DONE	COST	NOTES
	TOTAL		

HOME

Maintenance

MAINTENANCE FOR

DATE	DAY	TIME	PHONE

PROBLEM	REASON	DETAILS

PREPARATIONS

NOTES

PROJECT

Planner

PROJECT .....

OVERVIEW .....

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.....

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BUDGET	
START DATE	
DUE DATE	

NOTES

✓	STEP	DETAIL	DEADLINE	COMPLETE

MATERIALS NEEDED	....	....

TRAVEL

Planner

WHERE

WHEN

FROM

TO

DAYS

TRANSPORT

DETAILS

TO DO BEFORE

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DOCUMENTS,MONEY,CARDS

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BIRTHDAY

YEAR .....

Tracker

DATE	PERSON	GIFT	CARD?	BUDGET

NOTES

APPOINTMENT

Tracker

MONTH ..... YEAR .....

DATE	TIME	PHONE	APPOINTMENT	✓

NOTES

BABYSITTER

Info

GENERAL

PARENT NAMES.....

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PARENT CELL#.....

PARENT CELL#.....

HOME ADDRESS.....

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WIFI INFORMATION.....

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FOOD

BREAKFAST.....

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LUNCH.....

.....

DINNER.....

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SNACKS.....

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ALLERGIES.....

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KIDS

NAME.....

AGE.....

ROUTINES

ACTIVITIES.....

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NAPS.....

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BEDTIME.....

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IN EMERGENCY

EMERGENCY CONTACT .....

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POISON CONTROL .....

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PEDIATRICIAN.....

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HEALTH INSURANCE INFO .....

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POLICE NON-EMERGENCY .....

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PACKING
Checklist

TRIP .....

DETAIL .....

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DOCUMENTS & ESSENTIALS		

OUTING

checklist

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