|  |  |
| --- | --- |
| **Name:**  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |
| **MONDAY** | [ ]  Exercise | **TUESDAY** | [ ]  Exercise |
| [ ]  Cooking meals | [ ]  Cooking meals |
| [ ]  Healthy Diet  | [ ]  Healthy Diet  |
| [ ]  Cleaning | [ ]  Cleaning |
| [ ]  Grocery | [ ]  Grocery |
| [ ]  Office Work | [ ]  Office Work |
|  |  |  |  |
| **WEDNESDAY** | [ ]  Exercise | **THURSDAY** | [ ]  Exercise |
| [ ]  Cooking meals | [ ]  Cooking meals |
| [ ]  Healthy Diet  | [ ]  Healthy Diet  |
| [ ]  Cleaning | [ ]  Cleaning |
| [ ]  Grocery | [ ]  Grocery |
| [ ]  Office Work | [ ]  Office Work |
|  |  |  |  |
| **FRIDAY** | [ ]  Exercise | **SATURDAY** | [ ]  Exercise |
| [ ]  Cooking meals | [ ]  Cooking meals |
| [ ]  Healthy Diet  | [ ]  Healthy Diet  |
| [ ]  Cleaning | [ ]  Cleaning |
| [ ]  Grocery | [ ]  Grocery |
| [ ]  Office Work | [ ]  Office Work |
|  |  |  |  |
|  |  |  |  |
| **SUNDAY** |
|  | [ ]  Exercise |  | [ ]  Cleaning |
|  | [ ]  Cooking meals |  | [ ]  Grocery |
|  | [ ]  Healthy Diet  |  | [ ]  Laundry  |
|  |  |  |  |
|  |  |  |  |
| **URGENT** | [ ]  Urgent Chore to handle | **REMINDER** | [ ]  Special ocassion |
| [ ]  Urgent Chore to handle | [ ]  Doctor's Appoinment |
| [ ]  Urgent Chore to handle | [ ]  Car Service Appointment |
| [ ]  Urgent Chore to handle | [ ]  Any Reminder |
|  |  |  |  |