

Morning Routine

 _____ _____

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 _____ _____

Kick off Your Day!!!

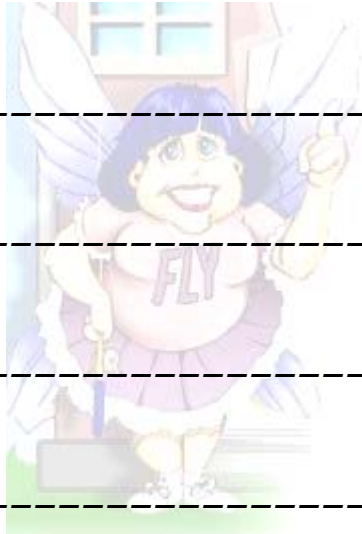
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*Your Morning Routine puts
you on Auto-pilot*

Afternoon Routine



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*You're not behind,
Just jump right in!*

*Your Afternoon Routine keeps
you going!*

Before Bed Routine



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*The most important routine of
the day*

*Your Before Bed Routine gets
you ready for tomorrow!*

Reminders

These are here to remind you throughout your day to keep you on track! Check it often!

*Morning Routine
Swish and Swipe
Paper Patrol
Laundry Habit
Drink Your Water
Where are your Shoes?
Calendar Check
What's for Dinner?
Afternoon Routine
Before Bed Routine
Shine your Sink
Go to Bed!!*

*I'm So Proud of You!
~FlyLady*

Take Regular Breaks!

I want you to stop for a few minutes every hour and take a break. During this break, spend 15 minutes sharpening your axe. LOL!

- 1. Make a list of what needs to be done.*
- 2. Look at the list and prioritize, don't just up to do it yet.*
- 3. Drink some water, tea or your favorite beverage.*
- 4. Spend these 15 minutes calming yourself. Breathing deep and slowly thinking about the next hour and what you can get done.*
- 5. Love on your babies.*
- 6. Kiss your husband.*
- 7. Then go back to work with a renewed spirit.*

No more turning in circles, not knowing what to do next. You have a plan. You can do this, if you will just think slowly and calmly, write a few things down and then you won't feel so stressed. Being stressed about this is not going to help. In fact it will make things worse.

Now set a timer for 15 minutes and take a break.

You are Really FLYing when you can do this!

~FlyLady

Crisis Cleaning 101

1. **GO GET DRESSED ALL THE WAY TO SHOES, HAIR FIXED AND FACE MOISTURIZED OR MAKEUP PUT ON. DON'T QUESTION ME ON THIS. JUST DO IT NOW.** Put on some good working music. Not too fast, just slow and steady. peppy, but not aerobic. Light a candle that has a good scent or put on some spices on to boil on a very low heat.

2. We are going to start in our kitchens. As the kitchen goes, so does the rest of the house.

Set a timer and spend 15 minutes in the kitchen. If your sink is not clean and shiny, then shine it first, and then you can fill the sink up with hot soapy water and start to clear off the left and right counters. Empty the dishwasher, when the timer goes off. Stop what you are doing and go to the living room.

3. **Set the timer again and do 15 minutes cleaning off the coffee tables or picking up toys or newspapers.** Concentrate on one thing. Not all of it. Get a laundry basket and put the things that don't belong in the living room in the basket. Take a garbage bag with you too. Start throwing away the trash. Don't get caught up in the guilt we have about recycling this stuff. Just bag it up for now. As you get your home in order there will be plenty of time to recycle. For now we are focusing on getting the home presentable. You can't do this if you are hyper focusing on sorting and recycling. So get over this perfectionism attitude. When the timer goes off, head back to the kitchen.

4. **In the kitchen set the timer for 15 more minutes, continue to work on clearing the counters. DO NOT GET SIDETRACKED AND WANT TO CLEAN OUT A CABINET. WE ARE DOING ONLY SURFACE CLEANING.**

5. **Now take a break** and walk around and look at what you have accomplished in just 45 minutes. Set the timer for 15 minutes and drink a cup of tea or coffee or whatever you love and just relax. When the timer goes off. You are back in work mode for 15 more minutes.

6. **This 15 minute session is in the bathroom.** Clean the bathroom sink first, swish the toilet, then pick up towels and dirty clothes and put them in the hamper. **DO NOT GET SIDETRACKED AND START A LOAD OF LAUNDRY. I MEAN THIS. LAUNDRY WILL COME LATER!**

7. When the timer goes off, you are back in the kitchen. For 15 more minutes. We can do anything in 15 minutes. Keep working till the timer goes off. Then you go to the living room once again.

8. In the living room, continue to pick up and put away.

9. **Every 45 minutes take a 15 minute break.** Do you understand this?

Adapt this schedule to fit your physical limitations and children's needs. But you get the picture. Stay focused on one job for 15 minutes. You are going to be so surprised at how much you get done in a day's time.

My timer is my best friend.

You can do this. Now turn off the computer and get to work!

FlyLady

De-Clutter in just 15 minutes a day using these great tools!

1. **The 27-Fling Boogie**

We do this assignment as fast as we can. Take a garbage bag and walk through your home and throw away 27 items. Do not stop until you have collected all 27 items. Then close the garbage bag and pitch it. DO NOT LOOK IN IT!!! Just do it.

Next, take an empty box and go through your home collecting 27 items to give away. Suze Orman taught me this in her book, *The Courage to be Rich*. This will change the energy in your home and bring about good feelings. Every time I do this I feel better and my home is becoming de-cluttered in the process. As soon as you finish filling the box, take it to the car. You are less tempted to rescue the items.

Rule of thumb: if you have two of any item and you only need one, get rid of the least desirable.

I also sing a wonderful song as I am doing this fun job: "Please Release Me, Let Me Go" as sung from the stuff's point of view

2. **The Hot Spot Fire Drill**

Here is a problem that we all have and continue to struggle with - Hot Spots. What is a hot spot?

A hot spot is an area, when left unattended will gradually take over. My favorite analogy is of a hot spot in a forest fire, if left alone, it will eventually get out of hand and burn up the whole forest. This is what happens in our homes. If left unattended, the hot spot will grow and take over the whole room as well as making the house look awful. When you walk into a room, this is the first thing you see.

CLUTTER ATTRACTS CLUTTER!

Do you have areas like this that continue to grow if left alone? Does the rest of the family see this as a place to put things when they do not want to put them where they belong? It is our job to nip this in the bud! Get rid of that pile, find the surface underneath and stop this Hot Spot from becoming a raging

clutter inferno! Watch for the Hot Spot fire drill reminder - then try it - it works!

3. **The 5 Minute Room Rescue**

This is a reminder to spend just 5 minutes clearing a path in your **worst room**. You know this area of your home: the place you would never allow anyone to see. Just 5 minutes a day for the next 27 days and you will have a place that you can be proud to take anyone!

4. **Kelly's Daily Missions**

Each day (or almost each day) Kelly will e-mail a 5-minute mission for you to do. It will be in the area of the home that we are focusing on for that week (the zone). These missions will take you to places you may have never been before! Have fun with this! We will also be posting Kelly's missions for the week in the Flight Plan.

5. **Work in your Zones**

Each week FlyLady will tell you what zone we are working in. After a full month, you will have worked our way around the majority of the living areas of your home. Do not worry if you have not gotten to every room in your house the first month. As one area gets cleaned, it will become easier to do and you will have more time to face those areas that don't seem to fit in any zone. See the Flight Plan for more information. Remember: FlyLady wants you to take baby steps. Don't worry about zones until you have conquered the basics!

*You can do anything for
15 minutes!*

My Basic Weekly Plan!

Monday: _____

- _____
- _____
- _____
- _____
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Tuesday: _____

- _____
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Housework done incorrectly still blesses your family!

My Basic Weekly Plan!

Wednesday: _____

- _____
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Thursday: _____

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- _____

Housework done incorrectly still blesses your family!

My Basic Weekly Plan!

Friday: _____

Saturday: _____

Sunday: _____

Housework done incorrectly still blesses your family!

Weekly Home Blessing

Only spend 10 minutes on each item. You are running through the house not trying to do one room at a time. Remember you don't have to clean like your mother did! Set your timer and go as fast as you can. Put on some fun music and bless your home as well as your body. If you need to break it down into days then pencil in the day of the week. When the timer goes off—STOP! I promise you will get faster at this the more you practice it. Do not get into perfectionist mode. We are just hitting the middles!

- Vacuum the traffic areas of your home
- Toss out last week's magazines: They are clutter!!
- Change the sheets on your bed, have your children do theirs with supervision
- Sweep, then mop the kitchen and bathroom floors
- Clean glass mirrors and doors: Handprints, toothpaste, and dog nose prints
- Gather up all the trash in the house and recyclables and put with the trash can.
- Grab your feather duster and dance through your home with your final blessing

Zone 1

Entrance, Dining Room, & Front Porch

Entrance:

- Clean Cobwebs
- Dust Window Sills and Front Door
- Clean fingerprints off as needed
- Rinse off plants in shower
- Dust Furniture
- Dust Baseboards
- Straighten Coat Closet
- Sweep, vacuum, and mop floor
- Return plants to their places
- Add your own welcoming touches!
-
-

Dining Room

- Clean Cobwebs
- Dust window sills
- Clean Doors of China Cabinet
- Dust furniture
- Clean and Straighten ONE drawer
- Rinse plants off in the shower
- Dust bottoms of the chairs
- Clean off Top of dining table, & polish
- Dust the baseboards
- Move furniture: Vacuum underneath
(Do not move anything too heavy)
- Add personal touches to the table!
-
-

Zone 1

Entrance, Dining Room, & Front Porch
Continued

Front Porch:

- Sweep down spiders and Cobwebs
- Sweep off Porch Furniture
- Sweep Porch
- Throw away Dead plants
- Prune back as needed
- Refill Bird Feeders
- Wipe off Tables Banisters
- Light fixtures
- Get rid of unwanted items
- Add your own welcoming touches!
-
-

Zone 1 is the first week of the month!
Whether or not if it starts on a Monday or a
Wednesday!

Try to do one of Kelly's missions
everyday too!

You're not behind, just jump right in!



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*Zone 2
Kitchen*

- Clean Cobwebs*
- Dust Window Sills and Front Door*
- Clean fingerprints off as needed*
- Rinse off plants in shower*
- Empty Fridge/clean thoroughly*
- Clean Microwave inside and out*
- Clean stove/oven*
- Straighten drawers and Cabinets*
(Only do one at a time!)
- Wash Canisters/knick-knacks*
- Wipe off fingerprints*
- Clean vent/fan filter and hood*
- Scrub down cabinet fronts*
(Only do a few at a time!)
- Clean light glass bowls over light bulbs*
- Clean under sink/Throw away old*
rags, empty containers, and sacks
- Clean pet*
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Zone 2 is the second week of the month!

*Zone 3
Bathrooms, Bedrooms, Office and
Laundry room!*

*Do not get blown away by how big this list is!
We do not do all of it in one week. Each month
we focus on the main bathroom and a different
room and only do just a little in the other
rooms. After a few months it will be very easy!*

BabySteps!

*It did not get dirty overnight and it is NOT
going to get clean in a day!*

Bathrooms: *Main and Children's*
(Clean daily with swish and swipe method!)*

- Wash area rugs*
- Clean medicine cabinet*
- Straighten drawers/cabinets*
(Only do one at a time!)
- Clean shower stall/wax (not the floor!)*
- *Clean tub*
- Scrub bath tub toys*
- Wash shower door/curtain*
- Clean scale*
- *Clean sink*
- *Clean toilet*
- Throw away empty bottles*
- Empty trash*
- Vacuum and/or sweep & mop*
-
-

Zone 3

*Bathrooms, Bedrooms, Office and
Laundry room!*

Spare Bedroom:

- Clean Cobwebs*
- Straighten Drawers*
- Wash sheets mattress pad, & dust ruffle*
- Flip Mattress*
- Wash Curtains*
- Wash Windows*
- Straighten Bookcase*
- Clean out the Closet*
- Put away stray items*
- Polish Furniture*
- Rinse off plants in shower*
-
-

Children's Bedrooms: The above list PLUS

- Straighten Toy Shelves/Toy boxes*
- Clean out from under the bed*
- Sort Out-Grown Clothes*
- Clean Fingerprints off door/walls*
- Rearrange Videos, games, and Books*
-
-

BabySteps!

Zone 3

*Bathrooms, Bedrooms, Office and
Laundry room!*

Office: Do Not Stop To Pay Bills!!

- Clear off the surface of your desk*
- Throw away pens that don't work*
- Sharpen pencils*
- Throw out all trash*
- Put items to keep in a pending file*
- Straighten one drawer at a time*
- Toss out old receipts over 7 years*
- Clean off the monitor screen*
- Fill printer caddy with paper*
- Establish a place for current bills*
- Vacuum under desk and whole room*
- Dust furniture*
- Clean windows*
- Remove Cobwebs*
- Check office supplies:*

Laundry Room:

- Wipe down the top of appliances*
- Clean gunk from under the washer lid*
- Throw out empty bottles and boxes*
- Empty trash can*
- Check supplies*
- Sweep and mop floor*
- Remove cobwebs*
- Put away all clothes*
- Look behind appliances for odd socks*

*Zone 4
The Master Bedroom Suite*

Master Bathroom:

(* Clean daily with swish and swipe method!)

- Wash area rugs
- Clean medicine cabinet
- Straighten drawers/cabinets
(Only do one at a time!)
- Clean shower stall/wax (not the floor!)
- *Clean tub
- Scrub bath tub toys
- Wash shower door/curtain
- Clean scale
- *Clean sink
- *Clean toilet
- Throw away empty bottles
- Empty trash
- Vacuum and/or sweep & mop
-
-

Master Closet:

- Straighten the top shelf
- Arrange shoes
- Put away Suitcases
- Get rid of clothes that are too
small/big if you don't like them
-
-

*Zone 4
The Master Bedroom Suite*

Master Bedroom:

- Clean Cobwebs
- Straighten Drawers
- Wash sheets mattress pad, & dust ruffle
- Flip Mattress
- Wash Curtains
- Wash Windows
- Straighten Bookcase
- Clean out the Closet
- Put away stray items
- Polish Furniture
- Clean under the bed
-
-



Zone 5

Living Room, Family Room and/or Den

- Clean Cobwebs
- Clean windows
- Straighten Bookcases
- Wash Knick-Knacks
- Clean out end tables
- Straighten Closets
- Straighten Drawers
(Only do one at a time)
- Wipe off fingerprints
- Polish furniture
- Clean out Magazine racks
- Clean phone
- Clean out fireplace
- Move furniture and Vacuum
(Do not move anything too heavy)
- Shampoo Carpet and Upholstery
as needed.
-
-

If you have a family room, game room, sun porch, or any other room that is used by the family for living purposes, then concentrate on de-cluttering one room each month- Or as you find more time. Do not push yourself. They did not get cluttered in one month and they will not get clean in one week. **BabySteps!**

A Take of Clutter

I like to have a tidy home
a pleasant place to be,
one I might be proud of
for friends of mine to see.
But my home took on a cluttered look
which filled me with despair,
I had collected far too much
and things were everywhere.
Then I tried to clean my home
it was a futile try,
the clutter was frustrating
and I'd give up with a sigh.
So to rid me of frustration
and my home of its hodgepodge,
I boxed up all this clutter
into the garage.
But there to my discouragement
this story does not end,
the garage could not contain these things,
the car would not fit in.
Then one day on the internet
a solution came my way,
I met someone named "FlyLady"
who had these words to say--
"Go label three large boxes with words
- Trash - Keep - Give away,
and You Can Organize Your Home,
Get Started Now Today!
Just take 27 items,
and dispose of them this way,
don't let things clutter up your life
and live in disarray.
And if you will do this every week,
very soon you'll see-
Your home will be the tidy place
you wished that it might be."

by Konnie Kabboord June 4, 2001
God Bless FlyLady!

FlyLady's 11 Points to Preparedness for Evacuation

"We can FLY in the face of Danger and Emergency if we are prepared. Don't wait till you are being asked to evacuate. Everyone thinks that it could not happen to them. Well it could and it is up to you to make sure you are prepared. Don't wait! DO IT NOW!!" -- FlyLady

1. **PEOPLE:** Have a plan for getting out of the house and make sure everyone knows it. Have an emergency bag of food and water for your family. Include wholesome snacks and treats for the children: dried fruit, nuts, peanut butter, crackers and granola bars.
2. **PETS:** Keep pet carriers and leashes readily available to lead pets to safety. Also take pet food with you.
3. **PICTURES:** Keep negatives or CDs of pictures in a lock box or at a family member's home. Have picture albums in one place ready to grab and go at a moments notice.
4. **PAPERS:** Have all your important papers in a lock box at a bank and only keep copies at the house. This keeps you from panicking. If you have them at home then put them in a folder that you can easily grab if you have to move fast. Color code it so you can find it!
5. **PRESCRIPTIONS:** Take your medications with you. Don't forget the ones that have to be refrigerated like insulin. Have small ice chest and cold packs readily accessible to pack and go. If you have babies; remember their formula or medications.
6. **PURSES and PETROL:** This is where you keep your identification, credit cards and cash. Keep a stash of cash for emergencies and grab it. You may not be able to use an ATM in the event of a power outage. Make sure your car always has a half a tank of gas.
7. **PROPER CLOTHES and COMFORT ITEMS:** According to the weather conditions; gather up a change of clothes along with outer clothing: coats, rain gear, boots, gloves and hats. If you have babies remember diapers. Remember to grab your children's favorite blanket, stuffed animal or toy. A game or a deck of cards could keep them occupied and calm too.
8. **JOURNAL:** These documents have all the information you will need from phone numbers, insurance numbers and important dates. They are small and filled with things you don't have to try to remember.
9. **PERSONAL PROTECTION:** Many of us still have that time of the month. Be sure and grab a box of your preferred protection. It may be hard to find if you have been evacuated. Stress can cause our bodies to do strange things too. So be prepared. Take medication for cramps too.
10. **PHONES and RADIOS:** Many of us have cell phones now. Always keep them charged up and have a charger in the car or an extra battery. They may not work in the event of power outages, but then they might. Know which local radio station has emergency bulletins. Keep your battery powered radio tuned to that local station and have plenty of batteries for it.
11. **PATIENCE:** This is one of the most important things to pack. Keep it inside of you so that you have a clear calm head. Having your P's to Preparedness list guiding you will keep you patient. In the event of an evacuation there will be lots of displaced people. Being patient will make things less stressful. Your children need to see you calm and collected. This will help keep them calm too.

Emergency Section

Now listen very closely: I want you to take a deep breath and calm yourself for just a second. Now you can do what you need to do! Keep in mind that you can do anything for 15 minutes, even in the worst of tragedies!

{{HUGS}}

~FlyLady

Emergency Phone Number: 9-1-1

If you don't have 911 in your area:

Sheriff/Police: _____

Fire Department: _____

Ambulance: _____

Poison Control Center: _____

Other Emergency Numbers

Doctors:

Husband:

Name: _____

Phone: _____

Address: _____

Wife:

Name: _____

Phone: _____

Address: _____

Children's:

Name: _____

Phone: _____

Address: _____

Pet's Veterinarian:

Name: _____

Phone: _____

Address: _____

Pharmacy: _____

Phone: _____

Address: _____

*Important Numbers You May Need
Personal numbers for immediate family
members*

*Name: _____
SSN: _____
Health Insurance Company:

Insurance Number: _____
Cell Phone Number: _____
Work: _____
Work Phone: _____*

*Name: _____
SSN: _____
Health Insurance Company:

Insurance Number: _____
Cell Phone Number: _____
Work: _____
Work Phone: _____*

*Name: _____
SSN: _____
Health Insurance Company:

Insurance Number: _____
Cell Phone Number: _____
School: _____
School Phone Number: _____*

*Important Numbers You May Need
Personal numbers for immediate family
members*

*Name: _____
SSN: _____
Health Insurance Company:

Insurance Number: _____
Cell Phone Number: _____
School: _____
School Phone Number: _____*

*Name: _____
SSN: _____
Health Insurance Company:

Insurance Number: _____
Cell Phone Number: _____
School: _____
School Phone Number: _____*

*Name: _____
SSN: _____
Health Insurance Company:

Insurance Number: _____
Cell Phone Number: _____
School: _____
School Phone Number: _____*

Back up Numbers for your Records

Bank _____

Account Numbers:

Checking: _____

Savings: _____

Phone: _____

Address: _____

Credit Cards:

*** Numbers can be stolen!! Be careful!*

Card Name: _____

Phone number: _____

Card Name: _____

Phone number: _____

Card Name: _____

Phone number: _____

Card Name: _____

Phone number: _____

F.A.C.E.[®] your finances!

Vehicle Information:

Owner: _____

Make: _____ *Model:* _____

Year: _____ *Color:* _____

VIN (on the dash) _____

License Plate Number: _____

Insurance Company: _____

Phone Number: _____

Insurance Policy Number: _____

Owner: _____

Make: _____ *Model:* _____

Year: _____ *Color:* _____

VIN (on the dash) _____

License Plate Number: _____

Insurance Company: _____

Phone Number: _____

Insurance Policy Number: _____

Owner: _____

Make: _____ *Model:* _____

Year: _____ *Color:* _____

VIN (on the dash) _____

License Plate Number: _____

Insurance Company: _____

Phone Number: _____

Insurance Policy Number: _____

Emergency Repair Phone Numbers

Utilities:

Cable/Satellite Company: _____

Electric Company: _____

Garbage: _____

Gas Company: _____

Phone Company: _____

Water/Sewer: _____

Repair Specialists:

Appliances: _____ Phone: _____

Car Mechanic: _____ Phone: _____

Carpenter: _____ Phone: _____

Electrician: _____ Phone: _____

Plumber: _____ Phone: _____

Wrecker: _____ Phone: _____

Restoration Company: flood/fire repair

_____ Phone: _____

Take 15 minutes to learn to shut off
water to:

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Toilets | <input type="checkbox"/> Washing Machine |
| <input type="checkbox"/> Ice Maker | <input type="checkbox"/> Bathtub |
| <input type="checkbox"/> Shower | <input type="checkbox"/> Water Heater |
| <input type="checkbox"/> Sink | <input type="checkbox"/> Whole House |

Turn off: Electricity natural gas
Check smoke and CO alarms MONTHLY!!

Contact Phone Numbers

Husband's Name: _____

Address: _____

Phone: _____

Cell: _____

Work: _____

Work Address: _____

Work Phone: _____

Wife's Name: _____

Address: _____

Phone: _____

Cell: _____

Work: _____

Work Address: _____

Work Phone: _____

Address Book:

Name: _____
Address: _____

Phone: _____
Cell: _____
Email: _____
Memo: _____

Name: _____
Address: _____

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Memo: _____

Name: _____
Address: _____

Phone: _____
Cell: _____
Email: _____
Memo: _____

What's For Supper?

Week of: _____

Sunday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Monday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Tuesday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Wednesday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Thursday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Friday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Saturday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

What's For Supper?

Week of: _____

Sunday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Monday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Tuesday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Wednesday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Thursday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Friday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Saturday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

What's For Supper?

Week of: _____

Sunday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Monday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Tuesday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Wednesday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Thursday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Friday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Saturday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

What's For Supper?

Week of: _____

Sunday: ()

Main: _____

Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

Monday: ()

Main: _____

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Vegetable: _____

Bread: _____

Beverage: _____

Dessert: _____

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Dessert: _____

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Main: _____

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Vegetable: _____

Bread: _____

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Main: _____

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Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

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Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

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Main: _____

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Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

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Vegetable: _____

Bread: _____

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Dessert: _____

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Side Dish: _____

Vegetable: _____

Bread: _____

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Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Saturday: ()

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Side Dish: _____

Vegetable: _____

Bread: _____

Beverage: _____ *Dessert:* _____

Produce:

Broccoli
Cabbage
Carrots
Celery
Corn
Garlic
Green Beans
Lettuce
Onions
Peas
Peppers
Spinach
Squash
Sweet Potatoes
Tomatoes

Dried Fruit:

Apricots
Dates
Plums
Raisins

Nuts:

Almonds
Pecans
Peanuts

Fruit Juices:

Punch
Grape
Orange
Apple

Cereal:

Boxed
Oatmeal

Fresh Fruit:

Apples
Peaches
Banana
Oranges
Lemons
Berries

Snacks:

Staples:

Flour
Sugar
Baking Powder
Baking Soda
Corn Starch
Corn Syrup
Corn Meal
Pasta Spaghetti
Pasta -Mac
Pasta noodles
Rice
Yeast

Bakery Products:

Bread
Bagels
Muffins
Cakes
Cookies

Meat:

Bacon
Beef Roast
Chicken
Fish
Hamburger
Pork chops
Pork Roast
Sausage
Steaks
Stew Meat
Ham
Turkey

Deli Meats:

Ham
Turkey
Hot dogs
Bologna
Roast Beef

Dairy Case:

Butter
Cheddar
Mozzarella
Monterey Jack
Sliced-Cheese
Eggs
Heavy Cream
Milk
Sour Cream
Soy Milk
Yogurt

Canned Foods:

Fruits:

Cocktail
Peaches
Pears
Pineapple

Soup:

Tomato
CK Noodle
Cream of Chicken Soup
Cream of Mushroom Soup

Tomatoes:

Sauce
Stewed
Crushed
Paste

Vegetables

Peas
Corn
Green Beans

Other items:

Pork & Beans
Chili

Paper Products:

- Baby Wipes
- Lunch Bags
- Diapers
- Tissues
- T.P.
- Towels
- Napkins
- Plates

Cleaning:

- All Purpose
- Bathroom
- Broom
- Cleanser
- Dishwasher Detergent
- Dish Soap
- Lysol
- Dust pan
- Fabric Softener
- Furniture Polish
- Trash Bags
- Mop
- Non scratch Pads
- Oven Cleaner
- Sponges
- Rubber Gloves
- Spot Remover
- Steele Wool Pads
- Swiffer Pads
- Vacuum Bags
- Windex

Personal Products

- Soap
- Lotions
- Bubble bath
- Shampoo
- Condition
- Toothpaste
- Deodorant
- Make up remover

- Hair Gel
- Hair Spray
- Mouthwash
- Razors
- Shaving cream
- Sunscreen
- Floss
- Fem. Hygiene
- Face cleanser
- Face lotions
- Face toner
- Contact Lens Solution

Medicine:

- Pain killer
- Antacid
- Antibiotic Ointment
- Benadryl
- Cortisone cream
- Cough syrup
- Decongestants
- Eye Drops
- Eye Wash
- Midol
- Nose Spray

First Aide:

- Ace Bandage
- Tape
- Band-Aids
- Cotton Balls
- Cotton Pads
- Gauze
- Heat Pack
- Ice Pack
- Protective Gloves

Office Supplies:

- Dry Erase Markers
- Fax Cartridges
- Glue
- Markers
- Notebook paper
- Paper clips
- Pencils
- Pens
- Post-its
- Printer Cartridges
- Printer Paper
- Scotch tape
- Staples

Other Supplies:

- Fertilizer
- Weed killer
- Bug Killer
- Lime
- Potting Soil
- Mulch
- Seeds
- Weed Eater String
- Lawn mower oil
- Oil
- Duct tape

Other Items that are needed:

Produce:

Broccoli
Cabbage
Carrots
Celery
Corn
Garlic
Green Beans
Lettuce
Onions
Peas
Peppers
Spinach
Squash
Sweet Potatoes
Tomatoes

Dried Fruit:

Apricots
Dates
Plums
Raisins

Nuts:

Almonds
Pecans
Peanuts

Fruit Juices:

Punch
Grape
Orange
Apple

Cereal:

Boxed
Oatmeal

Fresh Fruit:

Apples
Peaches
Banana
Oranges
Lemons
Berries

Snacks:

Staples:

Flour
Sugar
Baking Powder
Baking Soda
Corn Starch
Corn Syrup
Corn Meal
Pasta Spaghetti
Pasta -Mac
Pasta noodles
Rice
Yeast

Bakery Products:

Bread
Bagels
Muffins
Cakes
Cookies

Meat:

Bacon
Beef Roast
Chicken
Fish
Hamburger
Pork chops
Pork Roast
Sausage
Steaks
Stew Meat
Ham
Turkey

Deli Meats:

Ham
Turkey
Hot dogs
Bologna
Roast Beef

Dairy Case:

Butter
Cheddar
Mozzarella
Monterey Jack
Sliced-Cheese
Eggs
Heavy Cream
Milk
Sour Cream
Soy Milk
Yogurt

Canned Foods:

Fruits:

Cocktail
Peaches
Pears
Pineapple

Soup:

Tomato
CK Noodle
Cream of Chicken Soup
Cream of Mushroom Soup

Tomatoes:

Sauce
Stewed
Crushed
Paste

Vegetables

Peas
Corn
Green Beans

Other items:

Pork & Beans
Chili

Paper Products:

- Baby Wipes
- Lunch Bags
- Diapers
- Tissues
- T.P.
- Towels
- Napkins
- Plates

Cleaning:

- All Purpose
- Bathroom
- Broom
- Cleanser
- Dishwasher Detergent
- Dish Soap
- Lysol
- Dust pan
- Fabric Softener
- Furniture Polish
- Trash Bags
- Mop
- Non scratch Pads
- Oven Cleaner
- Sponges
- Rubber Gloves
- Spot Remover
- Steele Wool Pads
- Swiffer Pads
- Vacuum Bags
- Windex

Personal Products

- Soap
- Lotions
- Bubble bath
- Shampoo
- Condition
- Toothpaste
- Deodorant
- Make up remover

- Hair Gel
- Hair Spray
- Mouthwash
- Razors
- Shaving cream
- Sunscreen
- Floss
- Fem. Hygiene
- Face cleanser
- Face lotions
- Face toner
- Contact Lens Solution

Medicine:

- Pain killer
- Antacid
- Antibiotic Ointment
- Benadryl
- Cortisone cream
- Cough syrup
- Decongestants
- Eye Drops
- Eye Wash
- Midol
- Nose Spray

First Aide:

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- Tape
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- Cotton Pads
- Gauze
- Heat Pack
- Ice Pack
- Protective Gloves

Office Supplies:

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- Glue
- Markers
- Notebook paper
- Paper clips
- Pencils
- Pens
- Post-its
- Printer Cartridges
- Printer Paper
- Scotch tape
- Staples

Other Supplies:

- Fertilizer
- Weed killer
- Bug Killer
- Lime
- Potting Soil
- Mulch
- Seeds
- Weed Eater String
- Lawn mower oil
- Oil
- Duct tape

Other Items that are needed:

Produce:

Broccoli
Cabbage
Carrots
Celery
Corn
Garlic
Green Beans
Lettuce
Onions
Peas
Peppers
Spinach
Squash
Sweet Potatoes
Tomatoes

Dried Fruit:

Apricots
Dates
Plums
Raisins

Nuts:

Almonds
Pecans
Peanuts

Fruit Juices:

Punch
Grape
Orange
Apple

Cereal:

Boxed
Oatmeal

Fresh Fruit:

Apples
Peaches
Banana
Oranges
Lemons
Berries

Snacks:

Staples:

Flour
Sugar
Baking Powder
Baking Soda
Corn Starch
Corn Syrup
Corn Meal
Pasta Spaghetti
Pasta -Mac
Pasta noodles
Rice
Yeast

Bakery Products:

Bread
Bagels
Muffins
Cakes
Cookies

Meat:

Bacon
Beef Roast
Chicken
Fish
Hamburger
Pork chops
Pork Roast
Sausage
Steaks
Stew Meat
Ham
Turkey

Deli Meats:

Ham
Turkey
Hot dogs
Bologna
Roast Beef

Dairy Case:

Butter
Cheddar
Mozzarella
Monterey Jack
Sliced-Cheese
Eggs
Heavy Cream
Milk
Sour Cream
Soy Milk
Yogurt

Canned Foods:

Fruits:

Cocktail
Peaches
Pears
Pineapple

Soup:

Tomato
CK Noodle
Cream of Chicken Soup
Cream of Mushroom Soup

Tomatoes:

Sauce
Stewed
Crushed
Paste

Vegetables

Peas
Corn
Green Beans

Other items:

Pork & Beans
Chili

Paper Products:

Baby Wipes
Lunch Bags
Diapers
Tissues
T.P.
Towels
Napkins
Plates

Cleaning:

All Purpose
Bathroom
Broom
Cleanser
Dishwasher Detergent
Dish Soap
Lysol
Dust pan
Fabric Softener
Furniture Polish
Trash Bags
Mop
Non scratch Pads
Oven Cleaner
Sponges
Rubber Gloves
Spot Remover
Steele Wool Pads
Swiffer Pads
Vacuum Bags
Windex

Personal Products

Soap
Lotions
Bubble bath
Shampoo
Condition
Toothpaste
Deodorant
Make up remover

Hair Gel
Hair Spray
Mouthwash
Razors
Shaving cream
Sunscreen
Floss
Fem. Hygiene
Face cleanser
Face lotions
Face toner
Contact Lens Solution

Medicine:

Pain killer
Antacid
Antibiotic Ointment
Benadryl
Cortisone cream
Cough syrup
Decongestants
Eye Drops
Eye Wash
Midol
Nose Spray

First Aide:

Ace Bandage
Tape
Band-Aids
Cotton Balls
Cotton Pads
Gauze
Heat Pack
Ice Pack
Protective Gloves

Office Supplies:

Dry Erase Markers
Fax Cartridges
Glue
Markers
Notebook paper
Paper clips
Pencils
Pens
Post-its
Printer Cartridges
Printer Paper
Scotch tape
Staples

Other Supplies:

Fertilizer
Weed killer
Bug Killer
Lime
Potting Soil
Mulch
Seeds
Weed Eater String
Lawn mower oil
Oil
Duct tape

Other Items that are needed:

Produce:

Broccoli
Cabbage
Carrots
Celery
Corn
Garlic
Green Beans
Lettuce
Onions
Peas
Peppers
Spinach
Squash
Sweet Potatoes
Tomatoes

Dried Fruit:

Apricots
Dates
Plums
Raisins

Nuts:

Almonds
Pecans
Peanuts

Fruit Juices:

Punch
Grape
Orange
Apple

Cereal:

Boxed
Oatmeal

Fresh Fruit:

Apples
Peaches
Banana
Oranges
Lemons
Berries

Snacks:

Staples:

Flour
Sugar
Baking Powder
Baking Soda
Corn Starch
Corn Syrup
Corn Meal
Pasta Spaghetti
Pasta -Mac
Pasta noodles
Rice
Yeast

Bakery Products:

Bread
Bagels
Muffins
Cakes
Cookies

Meat:

Bacon
Beef Roast
Chicken
Fish
Hamburger
Pork chops
Pork Roast
Sausage
Steaks
Stew Meat
Ham
Turkey

Deli Meats:

Ham
Turkey
Hot dogs
Bologna
Roast Beef

Dairy Case:

Butter
Cheddar
Mozzarella
Monterey Jack
Sliced-Cheese
Eggs
Heavy Cream
Milk
Sour Cream
Soy Milk
Yogurt

Canned Foods:

Fruits:

Cocktail
Peaches
Pears
Pineapple

Soup:

Tomato
CK Noodle
Cream of Chicken Soup
Cream of Mushroom Soup

Tomatoes:

Sauce
Stewed
Crushed
Paste

Vegetables

Peas
Corn
Green Beans

Other items:

Pork & Beans
Chili

Paper Products:

- Baby Wipes
- Lunch Bags
- Diapers
- Tissues
- T.P.
- Towels
- Napkins
- Plates

Cleaning:

- All Purpose
- Bathroom
- Broom
- Cleanser
- Dishwasher Detergent
- Dish Soap
- Lysol
- Dust pan
- Fabric Softener
- Furniture Polish
- Trash Bags
- Mop
- Non scratch Pads
- Oven Cleaner
- Sponges
- Rubber Gloves
- Spot Remover
- Steele Wool Pads
- Swiffer Pads
- Vacuum Bags
- Windex

Personal Products

- Soap
- Lotions
- Bubble bath
- Shampoo
- Condition
- Toothpaste
- Deodorant
- Make up remover

- Hair Gel
- Hair Spray
- Mouthwash
- Razors
- Shaving cream
- Sunscreen
- Floss
- Fem. Hygiene
- Face cleanser
- Face lotions
- Face toner
- Contact Lens Solution

Medicine:

- Pain killer
- Antacid
- Antibiotic Ointment
- Benadryl
- Cortisone cream
- Cough syrup
- Decongestants
- Eye Drops
- Eye Wash
- Midol
- Nose Spray

First Aide:

- Ace Bandage
- Tape
- Band-Aids
- Cotton Balls
- Cotton Pads
- Gauze
- Heat Pack
- Ice Pack
- Protective Gloves

Office Supplies:

- Dry Erase Markers
- Fax Cartridges
- Glue
- Markers
- Notebook paper
- Paper clips
- Pencils
- Pens
- Post-its
- Printer Cartridges
- Printer Paper
- Scotch tape
- Staples

Other Supplies:

- Fertilizer
- Weed killer
- Bug Killer
- Lime
- Potting Soil
- Mulch
- Seeds
- Weed Eater String
- Lawn mower oil
- Oil
- Duct tape

Other Items that are needed:

Body Clutter Investigator

Daily Chart for our Metabolism and Loving Ourselves!

M T W TH F S SU

Date: _____

Today's Scale reading: _____

This is NOT who you are! Don't be afraid

Sleep: Bed time: _____ Get up time: _____

How many times did I wake up? _____

Did I take a nap today? _____

Total Hours of Sleep _____

AM Routine _____ PM Routine _____

Quick Check—fill in the boxes.

Meals Fruits Vitamins

Water Snacks

Veggies Dairy

Walking Weights Aerobic Stretching

Food intake: (meals and snacks)

Breakfast _____

AM Snack _____

Lunch _____

PM Snack _____

Dinner _____

Late Snack _____

Body Clutter Investigator

How much fiber did I eat today? _____

Did I take my medications, vitamins, supplements today? _____

Blessing my Body with Loving Movement:

Did I move any today?

Did I spend time Walking? _____ mins.

Lifting Weights? _____ mins.

In aerobic activity? _____ mins.

Stretching? _____ mins.

What happened today? _____

How do I feel about it? _____

Did I experience any Emotional Body clutter? _____

Go Me! I am so proud of me for facing all my Body Clutter!

Body Clutter Investigator

Daily Chart for our Metabolism and Loving Ourselves!

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Master To Do List

Done

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ps=Project Sheet

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ps=Project Sheet

Project Sheet

Project: _____

Deadline: _____

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Notes: _____

Just 15 minutes a day!

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Just 15 minutes a day!