

JANUARY

2024



MY 3 HABITS!

Make your bed!

Do one load of laundry

Wash the dishes



DECLUTTER THIS

MASTER
BEDROOM



SUN	MON	TUE	WED	THU	FRI	SAT
1 Weekly goal planning, grocery shopping & menu planning	2 Change bedroom sheets & clean out your car	3 Declutter 2 dresser drawers Dust living room & bedrooms	4 Clean bathroom Wash throw rugs and bath mats	5 Vacuum insides of sofas & chairs Vacuum main living areas	6 Wipe down kitchen chairs, cabinets, door knobs, & light switches	7 Clean refrigerator & mop kitchen
8 Weekly goal planning, grocery shopping & menu planning	9 Change bedroom sheets & clean out your car	10 Declutter 2 dresser drawers Dust living room & bedrooms	11 Clean bathroom	12 Vacuum main living areas & wipe down baseboards	13 Clean Mirrors in bedrooms & Spot Clean Walls	14 Clean refrigerator & mop kitchen
15 Weekly goal planning, grocery shopping & menu planning	16 Change bedroom sheets & clean out your car	17 Declutter 2 dresser drawers Dust living room & bedrooms	18 Clean bathroom	19 Vacuum main living areas & wipe down mini blinds	20 Dust ceiling fans & fixtures in bedroom	21 Clean refrigerator & mop kitchen
22 Weekly goal planning, grocery shopping & menu planning	23 Change bedroom sheets & clean out your car	24 Declutter half of closets Dust living room & bedrooms	25 Clean bathroom	26 Vacuum main living areas	27 clean kitchen appliances & oven	28 Clean refrigerator & mop kitchen
29 Weekly goal planning, grocery shopping & menu planning	30 Change bedroom sheets & clean out your car	31 Declutter half of closets Dust living room & bedrooms				