HOUSEHOLD PLANNER

GROCERY LIST

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NEED TO BUY	date:
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GROCERY LIST

date:

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Empowered Coaching

DECLUTTER CHECKLIST

bedroom 1

kitchen

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dining room

pantr	y
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living room

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bedroom 2

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laundry room

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garage

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other

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DECLUTTER CHECKLIST

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CLEANING CHECKLIST

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CHORE CHART

morning chore							
chore	S	m	t	W	t	f	s
afternoon chore							
chore	S	m	t	W	t	f	s
evening chore							
chore	S	m	t	W	t	f	S

FAMILY CLEANING CHECKLIST

family member	task	S	m	t	W	t	f	S

WEEKLY CHORE LIST week:

sunday

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monday

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tuesday

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wednesday

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thursday

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friday

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saturday

others

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LAUNDRY SCHEDULE week:

sunday	monday
tuesday	wednesday
thursday	friday
saturday	others

MEAL PLANNER

to buy
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•
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notes

week:

wednesday

sunday

monday

tuesday

thursday

friday

saturday

MEAL PLANNER

week:

breakfast:

menu:

lunch:

menu:

time:

time:

calories	protein	carbs	fat

calories	protein	carbs	fat

dinner:

menu:

time:

snacks: menu:

time:

calories	protein	carbs	fat

calories	protein	carbs	fat

notes

MEAL PLANNER

to buy
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•
•

notes

week:

wednesday

sunday

monday

tuesday

thursday

friday

saturday

RECIPE

week:

instructions

prep	time:

cook time:

serves:

difficulty:

ingredients

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notes

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