

Mr. Homemaker

	<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
BEDROOMS	Make Beds; Dust, Vacuum Master	Make Beds	Make Beds	Make Beds; Dust, Vacuum Nursery	Make Beds; Launder Sheets	Make Beds	Make Beds
KITCHEN	Sweep	Sweep	Sweep ; Empty & Clean Trash	Sweep; Discard Items Past Prime	Sweep; Clean Surfaces; Boil H2O in Drain	Sweep; Mop; Wipe Appliances	Sweep
DINING ROOM		Dust; Vacuum (floor & upholstery)					
LIVING ROOM		Dust; Vacuum (floor & upholstery)	Rotate Cushions				
BATHROOMS				Empty Trash & Clean Recepticles	Nursery Bath		Master Bath
OTHER		Mop Entrance Floors; Clean Glass Doors				Vacuum Air Vents	
LAUNDRY	<i>M o m</i>	Boys	Wash towels, washcloths, mats	Dad	Sheets	Girls	Choose Outfits for Week Ahead
NOURISHMENT	Cooking			Meal Planning		Grocery Shopping	Food Prep
Before Birds	Backup	K Workout	M Run	K Workout	Record	K Workout	Record
Morning		Scrum	Scrum	Scrum	Scrum	Scrum	Wkly Mtg
Lunch			K Workout		K Workout		Edit
Afternoon		M HIIT		M HIIT	-- Swim --	M HIIT	M HIIT
After Bed					M Run		Publish