

Complete Each Week. Menu Plan Grocery Shop Clean Kitchen Clean Bathrooms Dust Vacuum Living Areas &/or Rugs Mop Hard Surfaces Wash Bed Linens & Bath Towels File Family Paper work & Mail Family Planning Day Monthly Home Cleaning or Project Family FON. Time W/Spouse Time for YOU NURTURING

The MENO **Monday** P-Tuesday ₩ Wednesday P-Thursday P-Friday **Saturday Sunday**



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