

Weekly Task List

1. Use the Weekends

- Catch up on housework with a speed cleaning
- Have a weekend getaway with the kids.
- Limit your social and extra-curricular activities.
- Use this time to get ahead for the week.

2. Tag Team Cleaning

- Speed clean.
- Delegate chores and household responsibilities to kids.
- Delegate chores and household responsibilities to husband.
- Stop trying to do everything yourself.
- Use the daily, weekly, and monthly cleaning checklists.

3. Keep Things Tidy

- Keep things tidy to prevent the need for lots of cleaning
- Have the kids help keep their rooms clean.
- Have a 5-minute maintenance routine for your bedrooms and family spaces.

4. Plan Your Meals

- Use the Meal Planning Worksheet to Create a Plan in 10 minutes
- Plan the next week's dinners, snacks, and lunches.

5. Grocery Shop Early

- Use the free printable grocery list (organized by sections in the grocery store).
- Online Grocery Shopping
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Weekly Task List(cont.)

6. Prioritize Family Time

- Prioritize quality family time
- Set aside time for doing special things together.

7. Batch Cook

- Batch or bulk cooking multiplies your efforts and leaves you prepared for many meals.

Item #1 _____

Item #2 _____

Item #3 _____

8. Prep for the Week

- Wash and chop fruits and veggies when you bring them home from the grocery store.
- Think about things you have to do every day and how you could only do it once a week.
 - Laying out kids' clothes
 - Prepping snack bags
 - Ironing

9. Have Date Night

- Make it a priority
- Decide How Often to Have Date Night and Stick to It
- Budget for Date Night
- Make It Easy To Figure Out Where To Go
- Try Out Date Night Conversation Starters

10. Take Care of You

- Exercise
- Carve out me time
- Enjoy a hobby
- Hang out with your Mom Friends
- Hide!
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How to Create a Weekly Routine

1. Use the Weekends

- _____
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- _____

2. Tag Team Cleaning

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3. Keep Things Tidy

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4. Plan Your Meals

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10. Take Care of You

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