

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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- _____
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4. Plan Your Meals

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- _____
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5. Grocery Shop Early

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- _____
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6. Prioritize Family Time

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7. Batch Cook

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8. Prep for the Week

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- _____
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9. Have Date Night

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- _____
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10. Take Care of You

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