

Free Printables

Free Printables

Habit/Weight Loss Trackers



[Habit Tracker](#)

[7 Day Habit Challenge](#)





[Monthly Weight Loss Tracker](#)

[Weekly Weight Loss Tracker](#)

Menu Planner

SUNDAY

Breakfast
Lunch
Dinner

MONDAY

Breakfast
Lunch
Dinner

TUESDAY

Breakfast
Lunch
Dinner

WEDNESDAY

Breakfast
Lunch
Dinner

THURSDAY

Breakfast
Lunch
Dinner

FRIDAY

Breakfast
Lunch
Dinner

SATURDAY

Breakfast
Lunch
Dinner

NOTES

--

Created by Joan's Pointed Plate for personal use only.

Menu Planner

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner

NOTES

--

Sunday

Breakfast
Lunch
Dinner
Other

Monday

Breakfast
Lunch
Dinner
Other

Tuesday

Breakfast
Lunch
Dinner
Other

Wednesday

Breakfast
Lunch
Dinner
Other

MENU PLANNER

Thursday

Breakfast
Lunch
Dinner
Other

Friday

Breakfast
Lunch
Dinner
Other

Saturday

Breakfast
Lunch
Dinner
Other

Notes

Notes

TO EAT *this week*

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

WEEKEND

NOTES:

market LIST

TO EAT *this week*

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

WEEKEND

NOTES:

market LIST

Created by Joan's Pointed Plate for personal use only

grocery list

store _____

fresh produce

dairy

pantry staples

refrigerated/frozen

toiletries/household

other

meat/seafood/deli

Created by Joan's Pointed Plate for personal use only.

[Menu Planner](#)

[Menu Planner-Blank Days](#)

[Menu Planner-Horizontal](#)

[Menu Planner with Grocery List-B/W](#)

[Menu Planner with Grocery List-Blue](#)

[Grocery List](#)

TO EAT <i>this week</i>		market LIST
Sunday Breakfast: Lunch: Dinner:	MONDAY Breakfast: Lunch: Dinner:	
Tuesday Breakfast: Lunch: Dinner:	Wednesday Breakfast: Lunch: Dinner:	
Thursday Breakfast: Lunch: Dinner:	Friday Breakfast: Lunch: Dinner:	
Saturday Breakfast: Lunch: Dinner:	Sides	

Created by user's Printed Plans for personal use only.

[Menu Planner with Grocery List-7 Days B/W](#)

TO EAT <i>this week</i>		market LIST
Sunday Breakfast: Lunch: Dinner:	MONDAY Breakfast: Lunch: Dinner:	
Tuesday Breakfast: Lunch: Dinner:	Wednesday Breakfast: Lunch: Dinner:	
Thursday Breakfast: Lunch: Dinner:	Friday Breakfast: Lunch: Dinner:	
Saturday Breakfast: Lunch: Dinner:	Sides	

Created by user's Printed Plans for personal use only.

[Menu Planner with Grocery List-7 Days Blue](#)



[Three Panel Menu Planner](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NOTES:						

[Blank Monthly Meal Planning Calendar](#)

Freezer Inventory

	Breakfast	Snack	Lunch	Dinner	Total Points
MONDAY					Points _____ Weekly _____
TUESDAY					Points _____ Weekly _____
WEDNESDAY					Points _____ Weekly _____
THURSDAY					Points _____ Weekly _____
FRIDAY					Points _____ Weekly _____
SATURDAY					Points _____ Weekly _____
SUNDAY					Points _____ Weekly _____

Sandy's Menu Planner

MENU

<p style="text-align: center;">WEEK 1</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">WEEK 2</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">WEEK 3</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
---	---	---

Easter Planner

EASTER PLANNER

<p style="text-align: center;">Sunday</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Monday</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Tuesday</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Wednesday</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p style="text-align: center;">Thursday</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Friday</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Saturday</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Easter</p> <p>_____</p> <p>_____</p> <p>_____</p>

[Vertical Menu Planner](#)

UPDATED CLEANING SCHEDULE
PRINTABLES!!

ROUTINES MORNING

	S	M	T	W	R	F	S
Run/Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swish/Swipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thaw Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To Do List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Devotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
Hit the Hotspots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floor Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily To Do's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check Calendar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lay Out Clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY

- Check for Card Events
- Clean Out Fridge
- Weekly To Do List

MONDAY

- Meal Plan
- Iron
- Declutter

TUESDAY

- Water Plants
- Clean Microwave
- Declutter

WEDNESDAY

- Final Menu Plan
- Grocery List
- Declutter

THURSDAY

- Grocery Shop/Pick Up
- Declutter

FRIDAY

- Clean Out Purse
- Clean Car
- Declutter

SATURDAY

- Weekly Cleaning

ZONE 1

Foyer

- ___ Dust
- ___ Cobwebs
- ___ Coat Closet
- ___ Hall Console

Porch

- ___ Sweep
- ___ Windows
- ___ Decos

Dining Room

- ___ Dust
- ___ Light Fixture
- ___ Sideboard

ROUTINES MORNING

	S	M	T	W	R	F	S
Run/Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swish/Swipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thaw Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To Do List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Devotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
Hit the Hotspots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floor Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily To Do's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check Calendar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lay Out Clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY

- Check for Card Events
- Clean Out Fridge
- Weekly To Do List

MONDAY

- Meal Plan
- Iron
- Declutter

TUESDAY

- Water Plants
- Clean Microwave
- Declutter

WEDNESDAY

- Final Menu Plan
- Grocery List
- Declutter

THURSDAY

- Grocery Shop/Pick Up
- Declutter

FRIDAY

- Clean Out Purse
- Clean Car
- Declutter

SATURDAY

- Weekly Cleaning

ZONE 2 - KITCHEN

- | | | |
|--|--|--|
| <input type="checkbox"/> Clean Fridge In/Out | <input type="checkbox"/> Wipe Counter Decos | <input type="checkbox"/> Straighten Drawers |
| <input type="checkbox"/> Clean Micro In/Out | <input type="checkbox"/> Wash Windows | <input type="checkbox"/> Clean Pet Dishes |
| <input type="checkbox"/> Clean Stove | <input type="checkbox"/> Wipe Down Cabinets | <input type="checkbox"/> Dust |
| <input type="checkbox"/> Scrub Countertops | <input type="checkbox"/> Wash Rugs | <input type="checkbox"/> Clean Top of Fridge |
| <input type="checkbox"/> Straighten Under Sink | <input type="checkbox"/> Straighten Cabinets | <input type="checkbox"/> Clean Trashcan |

ROUTINES

MORNING

	S	M	T	W	R	F	S
Run/Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swish/Swipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thaw Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To Do List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Devotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
Hit the Hotspots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floor Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily To Do's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check Calendar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lay Out Clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY

- Check for Card Events
- Clean Out Fridge
- Weekly To Do List

MONDAY

- Meal Plan
- Iron
- Declutter

TUESDAY

- Water Plants
- Clean Microwave
- Declutter

WEDNESDAY

- Final Menu Plan
- Grocery List
- Declutter

THURSDAY

- Grocery Shop/Pick Up
- Declutter

FRIDAY

- Clean Out Purse
- Clean Car
- Declutter

SATURDAY

- Weekly Cleaning

ZONE 3

Hall Bath

- ___ Wash Rugs
- ___ Straighten Cabinet
- ___ Clean Shower
- ___ Wash Shower Curtain
- ___ Wipe Counter/Cabinet
- ___ Clean Light/Mirror

Kids Rooms

- ___ Dust
- ___ Straighten Desks
- ___ Straighten Drawers
- ___ Straighten Closet
- ___ Wash Windows
- ___ Ceiling Fan/Blinds

Laundry Room

- ___ Wipe Down W/D
- ___ Vacuum Walls
- ___ Straighten Shelves
- ___ Straighten Bins
- ___ Wash Window
- ___ Clean Behind W/D
- ___ Missing Sock Bin

ROUTINES MORNING

	S	M	T	W	R	F	S
Run/Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swish/Swipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thaw Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To Do List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Devotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
Hit the Hotspots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floor Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily To Do's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check Calendar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lay Out Clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY

- Check for Card Events
- Clean Out Fridge
- Weekly To Do List

MONDAY

- Meal Plan
- Iron
- Declutter

TUESDAY

- Water Plants
- Clean Microwave
- Declutter

WEDNESDAY

- Final Menu Plan
- Grocery List
- Declutter

THURSDAY

- Grocery Shop/Pick Up
- Declutter

FRIDAY

- Clean Out Purse
- Clean Car
- Declutter

SATURDAY

- Weekly Cleaning

ZONE 4

Master Bedroom

- | | |
|--|--|
| <input type="checkbox"/> Clean Underbed | <input type="checkbox"/> Clean Mirror |
| <input type="checkbox"/> Clean Nightstand | <input type="checkbox"/> Wash Bedding |
| <input type="checkbox"/> Vacuum Walls | <input type="checkbox"/> Clean Ceiling Fan |
| <input type="checkbox"/> Dust/Cobwebs | <input type="checkbox"/> Dust Blinds |
| <input type="checkbox"/> Straighten Dresser: | <input type="checkbox"/> Straighten Closet |
| <input type="checkbox"/> Baseboards | <input type="checkbox"/> |
| <input type="checkbox"/> Wash Windows | <input type="checkbox"/> |

Master Bath

- | | |
|--|--|
| <input type="checkbox"/> Wash Rugs | <input type="checkbox"/> Mirror |
| <input type="checkbox"/> Straighten Vanity | <input type="checkbox"/> Floor |
| <input type="checkbox"/> Clean Tub | <input type="checkbox"/> Wipe Decos |
| <input type="checkbox"/> Wash Shower Curt | <input type="checkbox"/> Clean Make Up |
| <input type="checkbox"/> Wipe Down Vanity | <input type="checkbox"/> Brushes |
| <input type="checkbox"/> Baseboards | <input type="checkbox"/> Wash Window |
| <input type="checkbox"/> Clean Light Fixture | |

ROUTINES

MORNING

	S	M	T	W	R	F	S
Run/Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swish/Swipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Start Laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thaw Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To Do List	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Devotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
Hit the Hotspots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floor Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily To Do's	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Check Calendar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lay Out Clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY

- Check for Card Events
- Clean Out Fridge
- Weekly To Do List

MONDAY

- Meal Plan
- Iron
- Declutter

TUESDAY

- Water Plants
- Clean Microwave
- Declutter

WEDNESDAY

- Final Menu Plan
- Grocery List
- Declutter

THURSDAY

- Grocery Shop/Pick Up
- Declutter

FRIDAY

- Clean Out Purse
- Clean Car
- Declutter

SATURDAY

- Weekly Cleaning

ZONE 5

Living Room

- ___ Dust Decos
- ___ Cobwebs
- ___ Vacuum Walls
- ___ Clean Blinds
- ___ Clean Under Cush.
- ___ Baseboards
- ___ Wash Windows

Family Room

- ___ Dust Decos
- ___ Cobwebs
- ___ Vacuum Walls
- ___ Clean Ceiling Fan
- ___ Clean Under Cush.
- ___ Baseboards
- ___ Wash Windows

Powder Room

- ___ Wash Rug
- ___ Straighten Vanity
- ___ Wipe Vanity
- ___ Clean Light/Mirror
- ___ Clean Under Cush.
- ___ Baseboards
- ___ Super Scrub Toilet

ROUTINES MORNING

	S	M	T	W	R	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EVENING

	S	M	T	W	R	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY FOCUS

SUNDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
MONDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>
	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>

ZONE _____

[Daily/Zone 1/Weekly Cleaning](#)

[Daily/Zone 2/Weekly Cleaning](#)

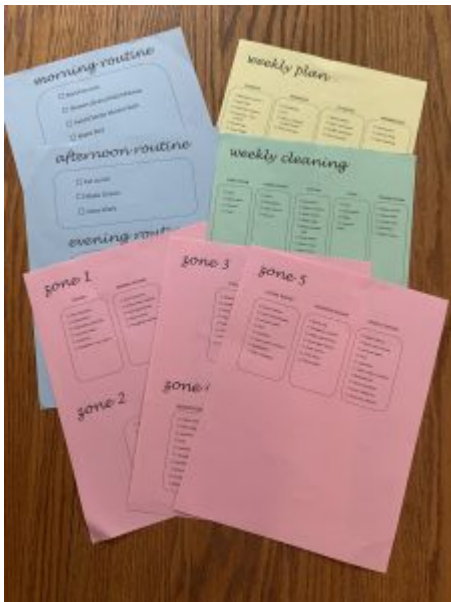
[Daily/Zone 3/Weekly Cleaning](#)

[Daily/Zone 4/Weekly Cleaning](#)

[Daily/Zone 5/Weekly Cleaning](#)

[Blank Daily/Zone/Weekly Cleaning](#)

Cleaning Printables



[Morning Routine](#)

[Afternoon/Eve Routine](#)

[Weekly Plan](#)

[Weekly Cleaning](#)

[Zone 1 & 2](#)

[Zone 3 & 4](#)

[Zone 5](#)

I use the “Fly Lady” method of keeping up my house. I have routines and cleaning plans. Each week of the month is a different “zone” . You spend 15 minutes a day in the “zone of the week” doing extra things that are not done on a daily and weekly basis. These printables are specific to my home, you will need to adapt them to your needs. I put them in page protectors and mark off the check boxes with a dry erase marker!

Daily Planner Pages



[Daily Planner 1](#)

[Daily Planner 2](#)

[Daily Planner 3](#)

[Daily Planner 3-1/2 page](#)

Christmas Printables



[Christmas Planner Cover](#)

[November Calendar](#)

[December Calendar](#)

[January Calendar](#)

[Gift List Worksheet](#)

[Online Orders](#)

[Christmas Show Schedule](#)

[Goodies To Bake](#)

[Family Favorite Recipes](#)

[Weekly To Do Sheet](#)

[Things To Do List](#)

[Places/Parities To Go](#)

[Menu Planning Worksheet](#)

[Christmas Bucket List](#)

[Christmas Card List](#)

Miscellaneous Printables



Day	Flour (g)	Water (g)	Total (g)
1	100	100	200
2	100	100	200
3	100	100	200
4	100	100	200
5	100	100	200
6	100	100	200
7	100	100	200
8	100	100	200
9	100	100	200
10	100	100	200
11	100	100	200
12	100	100	200
13	100	100	200
14	100	100	200
15	100	100	200
16	100	100	200
17	100	100	200
18	100	100	200
19	100	100	200
20	100	100	200
21	100	100	200
22	100	100	200
23	100	100	200
24	100	100	200
25	100	100	200
26	100	100	200
27	100	100	200
28	100	100	200
29	100	100	200
30	100	100	200

Mask Pattern

Savings Tracker

Sourdough Starter Tips

Everyone has their own way of doing sourdough -- as long as it works for you, there is no wrong way!

- When starting starter, keep it in a glass container with a lid. The lid can be loose fitting -- you can also use a piece of cloth with a rubber band.
- When feeding your starter, use filtered water, not tap (the chlorine in the tap water is not good for the starter) and **UNBLEACHED** flour.
- If you keep your sourdough starter on the counter, you will have to feed it every 24-36 hours. I feed flour equal to the amount of starter and then about 85% water. (If I have 100 grams of starter, I feed 100 grams of flour and 85 grams of water) I like a thicker starter.
- You can "discard" some of your starter into the trash (**DO NOT PUT IT DOWN THE SINK!!!!**) if you don't want to feed it all. It will double when fed and without discarding or baking with the discard (sooo many great discard recipes out there -- crackers are my favorite to make) you will have a house full of starter before you know it.
- A food scale is a **GREAT** item to have and you can pick one up for about \$20
- If you don't use your starter often, you can store in the fridge without feeding for about 2 weeks. Take it out, let it come to room temperature and then feed. If you go longer than 2 weeks, you may have to feed it 2x a day for 2 days.
- If your starter gets a blackish-grey liquid on top while in the fridge, don't panic. That is called "hooch" and it just means that your starter is **VERY** hungry. You can either stir it in or pour it out and just feed as normal.
- The starter I gave you is about 4 years old, so it is very happy and mature and you can use right away to bake -- if you start your own from scratch, it takes about 10 days to get up enough ferment to bake with.
- Watch YouTube videos, search Pinterest, Google and talk to friends for help and ideas!
- If you accidentally kill your starter and want res, please reach out -- I always have some!

Sourdough Tips



Rehydrating Sourdough Starter



Gift Series Printables

BACON DIP MIX

2 Tbsp bacon bits
1 tsp beef bouillon granules
1 Tbsp dried minced onion
¼ tsp dried minced garlic

Using a hand mixer, combine dip mix with 1 cup of sour cream until well blended. Cover and refrigerate for at least 1-2 hours before serving. Serve with beer bread, veggies or crackers.

FIESTA DIP MIX

1 ½ tsp dried parsley
1 ½ tsp dried minced onion
¾ tsp dried chives
1 ½ tsp chili powder
¾ tsp ground cumin
¼ tsp salt

In a medium bowl combine dip mix with ½ cup of sour cream or yogurt and ½ cup mayonnaise with a whisk. Refrigerate 2-4 hours before serving. Serve with chips.

DILL DIP MIX

2 tsp dill weed
2 tsp dried minced onion
½ tsp seasoned salt
2 tsp parsley flakes

In a medium bowl combine dip mix with 1 cup of sour cream and 1 cup of mayonnaise or Miracle Whip. Refrigerate 2-4 hours before serving. Serve with beer bread, vegetables or chips

BEER BREAD MIX

3 cups flour
1 Tbsp baking powder
1 ½ tsp salt
3 Tbsp sugar

In a large bowl, combine mix with 12 oz of beer. Stir until just moistened. Spread in a greased loaf pan. Melt 3 Tbsp butter and pour over dough. Bake at 350 for 1 hour.

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Empty contents into
8 oz of hot water or
hot milk. Stir and
enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Mix 3 tablespoons of
cocoa mix with 8 oz of
hot water or hot milk.
Stir and enjoy!

Christmas Scent

1 Orange
1 Lemon
12 Bay Leaves
4-6 Cinnamon Sticks
2 Tbsp Whole Cloves

Slice lemon and orange.
Combine all ingredients with
4 cups of water. Bring to a
boil. Reduce heat and
simmer. Add additional
water as needed. Lasts for
10 days.

Christmas Scent

1 Orange
1 Lemon
12 Bay Leaves
4-6 Cinnamon Sticks
2 Tbsp Whole Cloves

Slice lemon and orange.
Combine all ingredients with
4 cups of water. Bring to a
boil. Reduce heat and
simmer. Add additional
water as needed. Lasts for
10 days.

Christmas Scent

1 Orange
1 Lemon
12 Bay Leaves
4-6 Cinnamon Sticks
2 Tbsp Whole Cloves

Slice lemon and orange.
Combine all ingredients with
4 cups of water. Bring to a
boil. Reduce heat and
simmer. Add additional
water as needed. Lasts for
10 days.

Christmas Scent

1 Orange
1 Lemon
12 Bay Leaves
4-6 Cinnamon Sticks
2 Tbsp Whole Cloves

Slice lemon and orange.
Combine all ingredients with
4 cups of water. Bring to a
boil. Reduce heat and
simmer. Add additional
water as needed. Lasts for
10 days.



[Cocoa Mix Individual Servings](#)

[Cocoa Mix Bulk Servings](#)

[Christmas Scent](#)

[Sugar Scrubs](#)



[Dinner and Dishes](#)



[Cookie Mix](#)

M&M Cookies

½ cup butter, melted and cooled
1 large egg
1 large egg yolk
2 tsp vanilla extract
cookie mix in a jar

In a large bowl, whisk melted butter, egg, egg yolk and vanilla. Add the contents of the jar and gently stir with a wooden spoon or rubber spatula until combined. Place in the refrigerator for 30 minutes.

Scoop 2 - tablespoon portions of dough. Place the dough balls on parchment lined cookie sheets and back at 350 for 9-11 minutes until the edges are set and the center is slightly underdone.

Cool on wire rack.

M&M Cookies

½ cup butter, melted and cooled
1 large egg
1 large egg yolk
2 tsp vanilla extract
cookie mix in a jar

In a large bowl, whisk melted butter, egg, egg yolk and vanilla. Add the contents of the jar and gently stir with a wooden spoon or rubber spatula until combined. Place in the refrigerator for 30 minutes.

Scoop 2 - tablespoon portions of dough. Place the dough balls on parchment lined cookie sheets and back at 350 for 9-11 minutes until the edges are set and the center is slightly underdone.

Cool on wire rack.

[Cookie Mix-no graphic](#)



**Christmas Morning
PANCAKES**

COMBINE:
1 CUP PANCAKE MIX
1 CUP MILK
1 EGG

Merry Christmas



**Christmas Morning
PANCAKES**

COMBINE:
1 CUP PANCAKE MIX
1 CUP MILK
1 EGG

Merry Christmas



**Christmas Morning
PANCAKES**

COMBINE:
1 CUP PANCAKE MIX
1 CUP MILK
1 EGG

Merry Christmas



**Christmas Morning
PANCAKES**

COMBINE:
1 CUP PANCAKE MIX
1 CUP MILK
1 EGG

Merry Christmas



**Christmas Morning
PANCAKES**

COMBINE:
1 CUP PANCAKE MIX
1 CUP MILK
1 EGG

Merry Christmas



**Christmas Morning
PANCAKES**

COMBINE:
1 CUP PANCAKE MIX
1 CUP MILK
1 EGG

Merry Christmas

[Christmas Pancakes](#)



[Hot Chocolate on A Stick](#)