

Personal Care	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Brush Teeth in morning							
Brush Teeth in evening							
Comb hair							
Take a bath							
Wash Hair							
Floss my teeth							
Exercise 30 mins. a day							
Prayer in morning							
Prayer in evening							



Daily Tasks	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Fix bed							
Take down laundry and sort							
Wash breakfast dishes/drain							
Wash lunch dishes							
Hang up bath towels							
Straighten room & closet							
Pick-up bathroom (basin/tub)							



Special Chores	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Sweep Kitchen							
Wash toilets & sinks							
Change bedding							