

1) begin working on The Daily 7 , and assign tasks to family	2) make a Punch List ; inside and outside	3) sit down w/calendar and record all birthdays, anniversaries, school events, etc. for year	4) clean out the refrigerator and microwave	5) dust and vacuum; don't forget to delegate when necessary!
6) hold a family meeting ; make chore charts	7) catch up day; ensure The Daily 7 is on track	8) wipe down baseboards with wipes (babywipes are great!)	9) create a meal plan and itemized grocery list	10) perform a self-breast exam; call an old friend
11) change bed linens	12) dust and vacuum; don't forget to delegate when necessary!	13) use a disinfectant wipe to clean all door knobs, light switches, and remote controls	14) yard work day ~~ hose off front of house & porch	15) purchase all cards & gifts for upcoming birthdays and events

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16) catch up day; ensure The Daily 7 is on track	17) P.R.O.M. the front entry and hall closet	18) daydream today on goals, maybe make Vision Board	19) clean out car/ schedule pertinent maintenance	20) dust ceiling fans and light fixtures
21) P.R.O.M. playroom / kid toys	22) how are you doing with your meal planning ?	23) dust, vacuum, wipe out microwave & fridge	24)  day off; you're doing great!	25) P.R.O.M. master bedroom and closet
26) change bed linens	27) hold a family meeting, and have one with spouse to go over budget	28) decide to make The Daily 7 and Meal Planning a habit	29) P.R.O.M. dvds and books	30) bring collected items to charity location