

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 YEAR OLD SON							
Get Dressed							
Eat Healthy Breakfast							
Take Vitamins							
Brush Teeth							
Take Zyrtec							
Nasal Spray							
Feed Dogs - morning							
Water Dogs - morning							
Practice Guitar or Drums for 15 minutes.							
Clean up Backyard							
Read for 2 hours							
Eat Healthy Lunch							
Exercise (or Football Practice)							
Daily Project (ask Mommy)					Take Recycling		Vacuum
9 YEAR OLD DAUGHTER							
Morning							
Get Dressed							
Eat Healthy Breakfast							
Take Vitamins							
Brush Teeth							
Brush Pretty Hair							
Read at least 30 minutes							
Write in journal at least 20 minutes							
Something smart for at least 20 min							
Play Guitar for 10 minutes							
Eat Healthy Lunch							
Pick up Bedroom (nothing on floor)							
Daily Project (ask Mommy)							
Exercise (swim, play, dance, etc)							
Around 5:00							
Water Dogs							
Feed Dogs							

