

Monday

DAY 16

TASKS TO DO

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MEALS

B

L

D

CLEAN

☐

Wardrobe

DECLUTTER

☐

Your clothes

ORGANISE

☐

Wardrobe

5 MINUTE TASK

☐

Tidy the floor in the kids bedrooms

NEW DAILY HABIT

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One in one out rule applies to clothes too!

Take time to pause and reflect

on the marvellous change you have made.

Embrace your efforts and be determined to reach your goal.