

Friday

DAY 20

TASKS TO DO

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MEALS

B

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D

CLEAN

☐ Free choice

DECLUTTER

☐ Freezer

ORGANISE

☐ Baking Day

5 MINUTE TASK

☐ Tell your family you love them

NEW DAILY HABIT

☐ Stick with your routines.

Share your new changes with loved ones
Inspire them with your new attitude.