

Friday

DAY 5

TASKS TO DO

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MEALS

B

L

D

CLEAN

☐ The floors

DECLUTTER

☐ Out of date food

ORGANISE

☐ Pantry

5 MINUTE TASK

☐ Tidy the kitchen bench

NEW DAILY HABIT

☐ Immediately put rubbish in bin.

Enjoy the satisfaction
of your achievements.