

Tuesday

DAY 7

TASKS TO DO

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MEALS

B

L

D

CLEAN

☐ Fridge

DECLUTTER

☐ Cookbooks

ORGANISE

☐ Meal Planning

5 MINUTE TASK

☐ Wipe over your kitchen appliances

NEW DAILY HABIT

☐ Meal plan to help save time and money

You have made the commitment

continue with your efforts and show those around you that you can make a difference.