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| Morning: | Load/Unload Dishwasher Wipe kitchen surfaces after breakfast Sweep hardwood floors with broom |
| Evening: | Load/Start (if necessary) Dishwasher Wipe kitchen surfaces after dinner 10 minute "pick-up" throughout house |
| Weekly: | Disinfect Clean fridge/Microwave Clean bathrooms Dust Vacuum |
| Monday: | Laundry done/put away Change sheets Grocery |
| Friday: | Catch up day / Big project day **Big project examples: blinds, baseboards, organization, etc. |