

*Life
made easy*

WEEKLY / MONTHLY
PLANNING


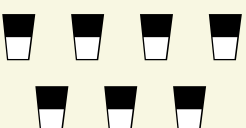
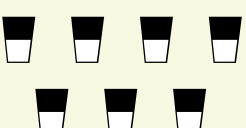

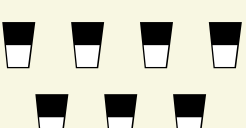
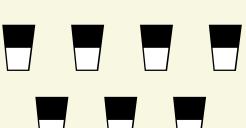
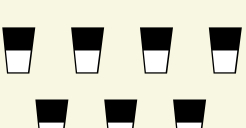
checklist

lovinineandbeach.com

MEAL PLANNER

WEEK OF:

MONTH:

	BREAKFAST	LUNCH	DINNER	WATER INTAKE
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				


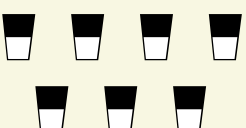
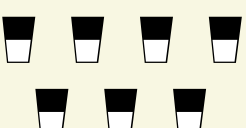

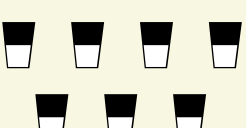
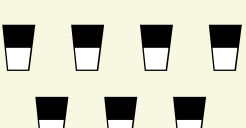
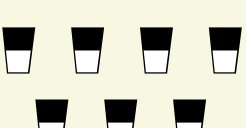
SNACKS FOR A WEEK

FRUITS FOR A WEEK

MEAL PLANNER

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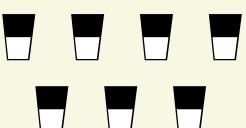
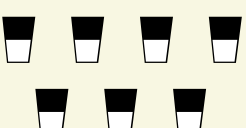

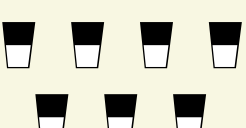
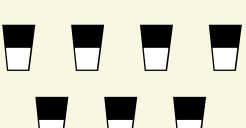
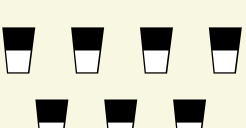
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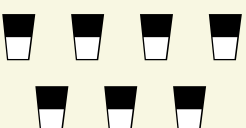
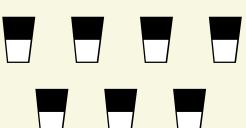

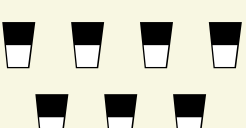
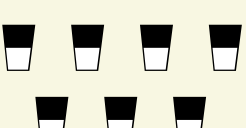
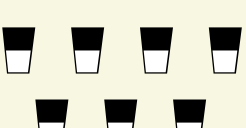
SNACKS FOR A WEEK

FRUITS FOR A WEEK

MEAL PLANNER

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MON				
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FRI				
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SNACKS FOR A WEEK

FRUITS FOR A WEEK

to do list

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brain dump

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thursday

to do list

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brain dump

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saturday

CLEANING CHECKLIST



KITCHEN & DINING AREA MONDAY

- Clean countertops
- Wipe down cabinets and drawers
- Clean sink and faucet
- Stove: clean top, front, and inside
- Oven: clean inside and outside
- Microwave: clean inside and outside
- Refrigerator: clean outside and inside
- Dishwasher: clean outside and inside
- Sweep and mop floor

LIVING ROOM TUESDAY

- Dust surfaces (tables, shelves, etc.)
- Vacuum or sweep floors
- Clean windowsills
- Dust blinds or curtains
- Dust light fixtures
- Clean baseboards
- Vacuum upholstery (sofas, chairs)
- Clean ceiling fans
- Fluff and arrange cushions

MASTER BATHROOM WEDNESDAY

- Clean toilets (including bowl, seat and base)
- Scrub shower/tub (including tiles, grout, and showerhead)
- Clean sink and faucet
- Wipe down mirrors
- Clean light fixtures
- Clean counters, cabinets
- Sweep and mop floor
- Check exhaust fan
- Clean walls and baseboards
- Empty trash can
- Change towels

MASTER BEDROOM WEDNESDAY

- Dust surfaces
- Vacuum or sweep floors
- Dust blinds or curtains
- Clean baseboards
- Make bed

LAUNDRY 1/2 THURSDAY

- Clean washer and dryer
- Vacuum or sweep floors
- Organize and straighten items



CLEANING CHECKLIST



LAUNDRY 2/2 THURSDAY

- Clean countertops
- Wipe down cabinets and drawers
- Clean sink and faucet
- Check and refill laundry supplies
- Empty trash can and replace the bag

HOME OFFICE FRIDAY

- Dust surfaces (tables, shelves, etc.)
- Vacuum or sweep floors
- Clean windowsills
- Dust blinds or curtains
- Clean baseboards

BATHROOM FRIDAY

- Clean toilets (including bowl, seat, and base)
- Scrub shower/tub (including tiles, grout, and showerhead)
- Clean sink and faucet
- Wipe down mirrors
- Sweep and mop floor

MISCELLANEOUS SATURDAY

- Clean windows and window tracks
- Dust light fixtures
- Clean door knobs and switch plates
- Vacuum carpets and rugs
- Dust and clean electronics
- Dust decorative items

notes

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monthly EXPENSES TRACKER

FIXED EXPENSES	AMOUNT
RENT/MORTGAGE	
ELECTRICITY	
WATER	
GAS	
INTERNET	
PHONE	

FOOD	AMOUNT
GROCERIES	
COFFEE	
SNACKS	

TRANSPORTATION	AMOUNT
FUEL	
MAINTENANCE	
PARKING FEES	
INSURANCE	
PUBLIC TRANSPORT	

ENTERTAINMENT	AMOUNT
MOVIES	
CONCERTS/EVENTS	
HOBBIES	
RESTAURANTS	
PARTIES	
LEISURE TRAVEL	

SHOPPING	AMOUNT
CLOTHES	
ELECTRONICS	
BEAUTY	
HOME GOODS	
GIFTS	

MEDICAL	AMOUNT
DOCTOR VISITS	
MEDICATIONS	
HEALTH INSURANCE	

FITNESS	AMOUNT
GYM MEMBERSHIPS	
SPORTS	
EQUIPMENT	
WELLNESS	
PRODUCTS	

FAMILY & EDUCATION	AMOUNT
CHILDCARE	
TUITION FEES	
BOOKS	
MATERIALS	
COURSES	

SUMMARY	
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SAVINGS

challenge

SAVING FOR:

GOAL:

MONTH	DATE	DEPOSIT	BALANCE	NOTES
JANUARY				
FEBRUARY				
MARCH				
APRIL				
MAY				
JUNE				
JULY				
AUGUST				
SEPTEMBER				
OCTOBER				
NOVEMBER				

SAVING FOR:

GOAL:

MONTH	DATE	DEPOSIT	BALANCE	NOTES
JANUARY				
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