

DAILY MORNING CHECKLIST

PART 1 (RISE AND SHINE!):

S	M	T	W	T	F	S	PROJECT	TASK	CONTEXT
							Homemaking	Be the first to get up	@Anywhere
							Organize Now	Note any dreams	@Bedroom
							Spirit/Christian	Read Faith for Daily Living	@Bathroom
							FlyLady	Turn on washing machine	@Home
							FlyLady	Pack away dry dishes	@Home
							Homemaking	Make tea/coffee	@Kitchen
							FlyLady	Fill water bottle	@Home
							FlyLady	Fill ice tray	@Home
							Spirit / Christian	Read Bible & Log chapters read / make notes	@Anywhere
							Spirit / Christian	Meditation Time	@Anywhere
							FlyLady	Get dressed to the lace-up shoes	@Bedroom
							FlyLady	Fix hair	@Bedroom
							FlyLady	Put on make-up	@Bedroom
							FlyLady	Make the bed	@Bedroom

PART 2 (KITCHEN AND FAMILY):

S	M	T	W	T	F	S	PROJECT	TASK	CONTEXT
							Pets	Feed Pets	@Home
							Meals & Recipes	Make breakfast (6:30am)	@Kitchen
							Meals & Recipes	Feed Family & myself	@Dining
							Homemaking	2-minute clean-up (kitchen)	@Kitchen
							Homemaking	Wash Dishes	@Kitchen
							Homemaking	What's for dinner?	@Kitchen
							Homemaking	Hang out laundry	@Home

PART 3 (GET READY FOR THE DAY):

S	M	T	W	T	F	S	PROJECT	TASK	CONTEXT
							Personal Care	Brush Teeth	@Bathroom
							Homemaking	2-minute clean-up (bathroom)	@Bathroom
							Homemaking	2-minute clean-up (bedroom)	@Bedroom
							Homemaking	2-minute clean-up (spare room)	@Home
							Homemaking	2-minute clean-up (living room)	@Home
							FlyLady	Check Calendar	@Planner
							FlyLady	Check To-Do list	@Planner
							Spirit / Christian	Family prayer time	@Anywhere