

ROUTINE BUILDER

WEEK OF:

MONDAY

	<input checked="" type="checkbox"/>

TUESDAY

	<input checked="" type="checkbox"/>

WEDNESDAY

	<input checked="" type="checkbox"/>

THURSDAY

	<input checked="" type="checkbox"/>

FRIDAY

	<input checked="" type="checkbox"/>

SATURDAY

	<input checked="" type="checkbox"/>

SUNDAY

	<input checked="" type="checkbox"/>

OPTIONS

	<input checked="" type="checkbox"/>
Brush Hair Wash Face Brush Teeth OR Mouthwash Rinse off Wash Hair	
Journal for 10 min Stretch for 10 MIN Read for 10 MIN Go Outside for 10 MNI WaLK for 10 MIN	
Do a Load of Laundry Wipe off countertops Throw away any trash Make Bed Sweep Floor Wash Dishes	