

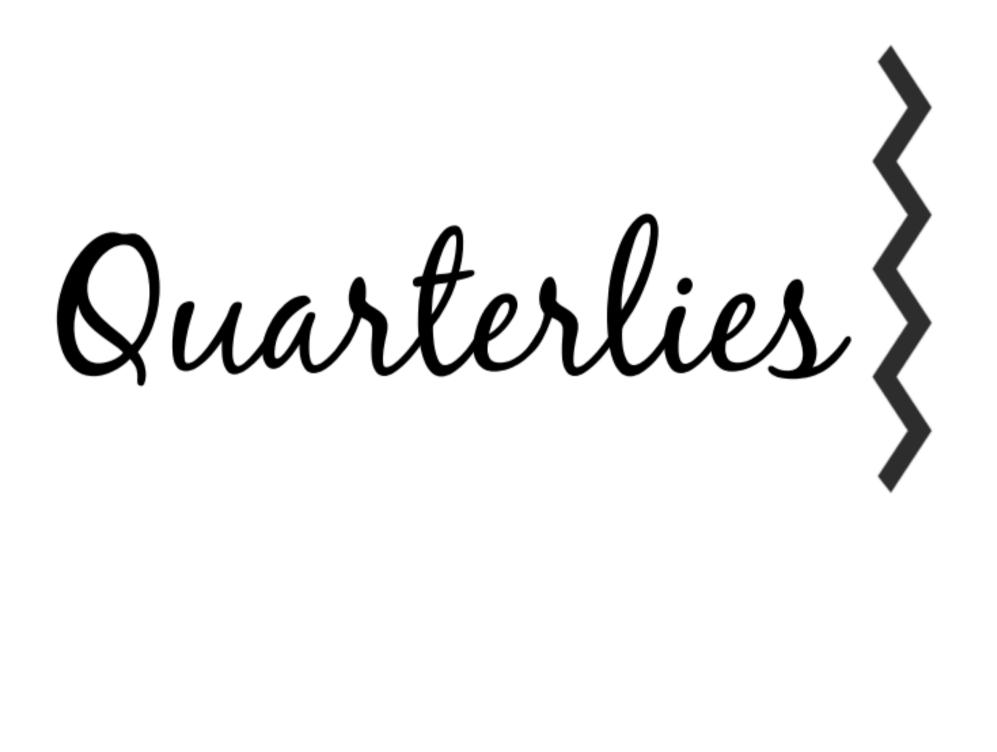


Make Beds Pick Up Wipe Counters Empy Dishwasher Laundry Sweep Kitchen



Vacuum - Su, T, Th Dust - Mondays Floors - Fridays Catch All - Saturday & a Monthly

Water Plants - Mondays Toilets/Baths/Showers - Tuesdays Windex Windows - Wednesdays Deep Clean Kitchen - Thursdays



Rugs Walls Garage

- Steam Carpets Clean Trashcans
- Dryer Vents
- Vacuum all Furniture
- Dust Blinds/Curtains
- Outside Windows
- Descale Shower Head/Pipes



Change A/C Filters Wipe Ceiling Fixutres (lights, fans, vents, etc.) Clean Baseboards Oven & Appliances Deodorize Matress/Furniture Dog Cleaned

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----|---|---|---|--|--|---|--|
| He | atter | | | | | 1 MM100: Workout 3 Core Inferno | Barre Blend: I Am Balanced Meditation |
| | 3 21 Day Fix: Day 7 Yoga Fix | 4 9 Week Control Freak: Workout 3 Tabata Cardio | 5 4 Weeks of Prep: Push | 6 CIZE: Crazy 8's | 7 A Little Obsessed: Day 1 Total Body Core | 8 10 Rounds: Boxing Week 1, Legs | Beachbody Yog Studio: AM Meditation with Bee |
| | 10 MM100: Workout 5 Freestyle Flow | 11 21 Day Fix: Cardio | 12 A Little Obsessed: Day 4 Cardio Core | 13 645: Sample Workout | 14 Llft4: Day 1 Chest and Back Circuit | 15 Barre Blend: Week 1 Core Blend | Relaxation & Meditation: Meditation for Busy Mind |
| | 17 3 Week Yoga Retreat: Day 2 Stretch | 18 Barre Blend: Week 1 Booty Blend | 19 21 Day Fix: PIYO Fix | 20 Let's Get Up: Feel Good Workout | 21 MM100: Workout 2 Upbeat Strength | 22 10 Rounds: Boxing Week 2 Day 1 | 2: Barre Blend: I Am Positive Meditation |
| | 24 3 Week Yoga Retreat: Day 5 31 t25 Stretch | 25 LIft4: Day 4 Lower Body 50/50 | 26 Clean Week: Day 6 Cardio | 27 30 Day Breakaway: Day 1, Fat Blaster Ladders | 28 mbf: Day 3 Upper Body Burn | 29 Let's Get Up: Tone Up Workout | 3 Piyo: Full Body Blast |

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