Low-Spoons & Chronic Fatigue Daily Pacing Planner for

2-PAGE TANGERINE & TEAL EDITION PDF



OFFICE

- [ ] Sweep porch
- [ ] Clean mirrors
- [ ] Wipe benches
- [ ] Wipe switches
- [ ] Clean toilet
- [ ] Change sheets
- [ ] Fold laundry
- [ ] Clean oven

LAUNDRY

- [ ] Water plants
- [ ] Wash towels
- [ ] Wipe fridge
- [ ] Mop kitchen
- [ ] Sort mail
- [ ] Wash windows
- [ ] Clean oven
- [ ] Wash bath mats

LIVING ROOM

- [ ] Wash bath mats
- [ ] Wash towels
- [ ] Wipe benches
- [ ] Scrub shower
- [ ] Wash windows
- [ ] Water plants
- [ ] Wipe skirting
- [ ] Wipe switches

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Laundry							
Entry							
Office							
Outdoor							
Kids' Room							

Donate pile

Fix-it list

Monthly deep clean

Supplies to buy