

DAILY CHORE CHART *for Grown-Ups*

..... www.ThriftyJinxy.com

Monday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS
- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____

Tuesday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS
- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____

Wednesday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS
- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____

Thursday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS
- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____

Friday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS
- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____

Saturday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS
- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____

..... Sunday

- EXERCISE ____ MINUTES
- EAT ____ SERVINGS FRUITS/VEGGIES
- SLEEP ____ HOURS

- BRUSH/FLOSS ____ TIMES
- DRINK ____ GLASSES OF WATER
- _____