



Cleaning Schedule

Daily

 Make bed

 Put shoes
away

 Tidy
nightstand

 Laundry

 Basket
Method

Weekly

 Wash bedding

 Vacuum

 Empty trash

 Tidy room

 Tidy closet

 Tidy dresser



MORNING ROUTINE

1. THANK GOD

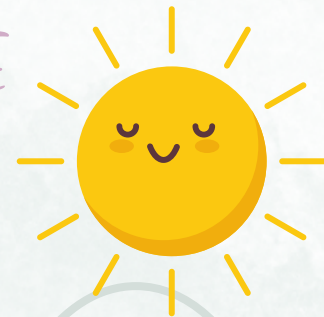
2. MAKE BED

3. TEETH

4. SKINCARE

5. CLEAN EARS

6. GET READY



SKINCARE:
* WASH FACE
* CONTACTS
* MOISTURIZER
* ADAPALENE

1. CLEAN

2. SHOWER

3. PANOXYL

4. TRETINOLIN

5. MOISTURIZER

6. TEETH

7. CONTACTS

NIGHTTIME ROUTINE

