

MORNING WAKEUP ROUTINE



1. Brush hair and teeth; get dressed to shoes¹
2. Make bed
3. One load of laundry in washing machine
4. Kids prepped for school
5. Breakfast and quiet time/Bible reading
6. Go over daily schedule; begin eating frogs²



Before bedtime ROUTINE

1. All dishes washed; sink shined
2. All trash thrown away
3. 15-minute pick-up-and-put-away race
4. Laundry folded and put away
5. Bath time for kids
6. Teeth brushed
7. Prayer/reading/bedtime for kids

¹ Recommendation based on "[Baby Steps](#)" by Marla Cilley (aka "[FlyLady](#)")

² From "[Beat procrastination and become a finisher](#);" based on "[Eat that Frog](#)" by Brian Tracy