

Calendar: 8 Years 33%

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
#1: SM	Laundry, etc.	Cook			Cook & Shop	House	Cook
Purge	30 min Purge	30 min Purge	30 min Purge	30 min Purge			
#2: WO-3%	1 hour exercise	1 hour exercise	1 hour exercise	1 hour exercise			1 hour exercise
	[eyes teeth get in shape and ideal weight (veggies) purge house get finances in order pelvic floor life plan mental health]						
	Birthdays, Major Holidays, and special days.						
	30 min exercise +	30 min exercise +	30 min exercise +	30 min exercise +			30 min exercise +
#3: Chara	30 min Read	30 min Read	30 min Read	30 min Read			30 min Read
Kids-3%			Kids Comm	Food List			Kids Comm
#4: Brain	Study	Study	Study	Class			Study