# FAMILY PLANNER

JULY

**AUGUST** 

MARCH SEPTEMBER

**JANUARY** 

**FEBRUARY** 

APRIL OCTOBER

MAY NOVEMBER

JUNE DECEMBER

# **JANUARY**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

# JUNE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

# OCTOBER

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

# DECEMBER

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IMPORTANT	THIS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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IMPORTANT	THIS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY



IMPORTANT	THIS MONTH
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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IMPORTANT THIS	MONTH

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY



IMPORTANT	THIS MONTH
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY



IMPORTANT THIS MONTH	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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BIRTHDAYS	PRO	JECTS	DON'T FORGET
THURSDAY	FRIDAY	SATURDAY	FAMILY NIGHTS
			DATE NIGHTS
			NOTES

SUNDAY

TODO	HOUR	:00	:15	:30	:45
PHONE CALLS					
THOME OXIDO					
NOTES					

MORIDAY

HOUR	:00	:15	:30	:45	TO DO
					PHONE CALLS
					NOTES
		1			

TUESDAY

TODO	HOUR	:00	:15	:30	:45
PHONE CALLS					
NOTES					
NOTES					
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MEDNIESDAY

HOU	R :00	:15	:30	:45	TO DO
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THURSDAY

TODO	HOUR	:00	:15	:30	:45
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PHONE CALLS					
NOTES					
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SATURDAY

TODO	HOUR	:00	:15	:30	:45
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PHONE CALLS					
NOTES					
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PHONE CALLS

THE WEEK OF	MONTH
MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY/SUNDAY

# WEEKLY REMINDERS

### THE WEEK OF

SUNDAY	MORNING TO DO
MONDAY	
TUESDAY	
	AFTERNOON TO DO
WEDNESDAY	
THURSDA!	
FRIDAY	EVENING TO DO
	EVENTIO TO DO
SA'I'URDAY	

# CONTACT LIST: FAMILY

Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
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Name:	Home #:
	Work #:
Address:	Cell #:
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Address:	Cell #:
	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell:
	Cell:
	Email:
Children:	

# CONTACT LIST: FRIENDS

Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
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Children:	
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Address:	Cell #:
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	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell:
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	Email:
Children:	

# CONTACT LIST: NEIGHBORS

Name:	Home #:
name.	
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
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Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell #:
	Cell #:
	Email:
Children:	
Name:	Home #:
	Work #:
Address:	Cell:
	Cell:
	Email:
Children:	

# CONTACT LIST: MEDICAL

emergency cont	act: phone:	cell phone:
health insurance:		
Policy #		
Group #		
dental insurance:		
Policy #		
Group #		
vision insurance:		
Policy #		
Group #		
doctor:	name:	phone number:
Primary Care Physician #1:		
Primary Care Physician #2:		
OB/GYN:		
Pediatrician:		
Dentist:		
Optometrist:		
Orthodontist:		
hospital/urgent	care:	address:
Hospital:		
	phone:	hours:
After Hours Clinic:		
Address:		

# CLEANINGSCHEDULE

# DAILY CLEANING

make beds

pick up bedrooms

wipe bathroom(s)

clean bathroom mirrors

wash load of laundry

sort and fold clean laundry

put away folded laundry

prep for dinner

vaccuum living room and hallway

wipe kitchen counters

sweep kitchen

quick pick up

load/unload diswasher

prep for tomorrows dinner

# WEEKLY CLEANING

# **MONDAY**

### KITCHEN

sink, appliance wipe-down, mop, declutter counters

# TUESDAY

### **BEDROOMS**

vaccuum, pick up
EVERYTHING on the
floor, dust sheves,
wash sheets

### WEDNESDAY

### DE - CLUTTER

toys, papers, mail, coffee tables, etc.

# THURSDAY

### **PROJECTS**

seasonal & monthly chores; yard work; home improvement; errands

### FRIDAY

### **BATHROOM**

toilet, tub, sink, garbage, floor, mirror, vanity

# SATURDAY

### WEEKLY PREP

cooking meals in advance; laundry & bedding; homework; etc.

# WE NEED TO PICK UP



FOR THE MONTH OF

GOAL #1

	ENCOURAGMENT	
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	REWARDS	
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