



WORKOUT SCHEDULE

MONDAY

CHEST/BICEPS

TUESDAY

BUTT/LEGS

WEDNESDAY

ABS

THURSDAY

BACK/TRICEPS

FRIDAY

BUTT/LEGS



CLEANING SCHEDULE

MONDAY

BATHROOMS

TUESDAY

KITCHEN

WEDNESDAY

DECLUTTER

THURSDAY

FLOORS

FRIDAY

BEDROOMS



MEAL PLAN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY/SUNDAY



MEAL PLAN

MONDAY

MONDAY

TUESDAY

TUESDAY

WEDNESDAY

WEDNESDAY

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY/SUNDAY

SATURDAY/SUNDAY