Healthy Habits

Healthy Habits



Do you WISH for a more organized space? Let Jeannie Cleaning help!

• • •	MORNING:
3/1/	` ☐ Make Bed
	Brush Teeth/ Rinse Sink
	Dirty Clothes in Bin
	Eat Breakfast
	Help Clean up

Do you WISH for a more organized space? Let Jeannie Cleaning help!

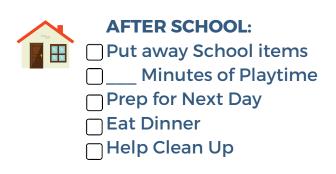
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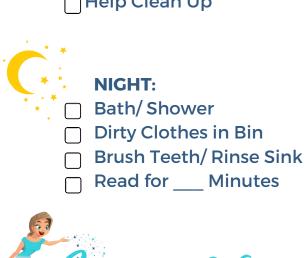
Do you WISH for a more organized
space? Let Jeannie Cleaning help

11/	
	MORNING:
	Make Bed
	Brush Teeth/ Rinse Sink
	Dirty Clothes in Bin
	Eat Breakfast
	Help Clean up

	AFTER SCHOOL: Put away School items Minutes of Playtime Prep for Next Day Eat Dinner Help Clean Up
*	*

























Pick up toys



Ages 3-5

Pick up toys
Feed Pets
Make Bed
Pick up shoes
Put away clothes
Help unload dishes
Pick up dirty laundry
Help set & clear table



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Make Bed
Pick up shoes
Put away clothes
Help unload dishes
Pick up dirty laundry
Help set & clear table

Ages 3-5



Pick up toys
Feed Pets
Make Bed
Pick up shoes
Put away clothes
Help unload dishes
Pick up dirty laundry
Help set & clear table

Ages 6-10

Help Cook
Wash Dishes
Rake Leaves
Fold Laundry
Take out trash
Set & Clear table
Help Siblings Clean
Put away clean clothes

Ages 6-10



Help Cook
Wash Dishes
Rake Leaves
Fold Laundry
Take out trash
Set & Clear table
Help Siblings Clean
Put away clean clothes

Ages 6-10



Help Cook

Tweens/ Teens



Laundry Wash Car Help siblings Wash Dishes Wash Windows Clean Bathrooms Vacuum and Mop Put away groceries

Tweens/
Teens



Laundry
Wash Car
Help siblings
Wash Dishes
Wash Windows
Clean Bathrooms
Vacuum and Mop
Put away groceries

Tweens/
Teens



Laundry Wash Car Help siblings Wash Dishes Wash Windows Clean Bathrooms Vacuum and Mop Put away groceries