

November 19, 2025-November 20, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SM	Laundry, etc. 30 min House	Cook 30 min House	 30 min House	 30 min House	Cook & Shop	House	Cook
WO	 45 min cardio+	 45 min cardio+	 45 min cardio+	 45 min cardio+		 45 min cardio+	 45 min cardio+
	Children Finish Adventures Degree 8 Years						
Chara	30 min Read	30 min Read	30 min Read	30 min Read		30 min Read	30 min Read
			Kids Comm	Food List			Kids Comm
	45 min exercise +	45 min exercise +	45 min exercise +	45 min exercise +		45 min exercise +	45 min exercise +
Brain	Class	Study	Study	Class		Study	Study