

Morning

- (6 AM: Morning Offering, Angelus)
- Drink glass of room temp water with lemon
- Work Out (7:30 am)
- *Breakfast + quick kitchen cleanup (by 8am)
- Morning Routine
 - *Make bed
 - *Wash up and Get Dressed
 - *Swish and Swipe
 - *One Load of Laundry
- Mass (leave 8:30 am)
- School

Breakfast



Afternoon

- Angelus (noon)
- * Lunch + kitchen cleanup
- Declutter 365 (15 minutes)
- Reboot Laundry
- Finish School (2pm)
- *Today's Tasks
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Lunch

Evening

- Family Rosary
- *Dinner + kitchen cleanup
 - Shine sink
 - Clean table and counters
 - Sweep floor
 - Set out clean dish towel
- Adoration: Holy Hour
 - (following day's readings, journaling)
- Fold and Put Away Clothes
- Bath

Dinner



STOP

- *Alcohol
- *Sugar
- *Caffeine
- *Gluten
- *Dairy

SLOW

- * Grains
- * Computer
- * TV



NINEVEH 90

February 13 to April 7 - **54 Day Rosary Novena**

Personal Holiness & for the Roman Catholic Church

April 10 to May 12 - **33 Day Preparation for Consecration**

May 13th, 2017 - **Marian Consecration - 100th Anniversary of Our Lady of Fatima**

REPLENISH

- * Exercise
- * Appropriate Rest and Sleep

Virtue by week

- 1) Humility
- 2) Chastity
- 3) Friendship
- 4) Love
- 5) Faith
- 6) Hope
- 7) Patience
- 8) Wisdom
- 9) Courage
- 10) Obedience
- 11) Perseverance
- 12) Poverty
- 13) Humility

<i>Saturday/ Sunday</i>	<i>Monday</i>
<i>Focus: God (Self and Others)</i>	<i>Daily Tasks : Side Entry, Steps, Entrance</i>
<input type="checkbox"/> *Replenish	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> *Confession	<input type="checkbox"/>
<i>Tuesday</i>	<i>Wednesday (Fasting)</i>
<i>Daily Tasks: Living rm, Foyer, Bathroom</i>	<i>Daily Tasks : Kids Rooms, bath room, School Room</i>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<i>Thursday</i>	<i>Friday (Fasting)</i>
<i>Daily Tasks : Kitchen, Dining Room,</i>	<i>Daily Tasks : Master ste., Laundry rm, steps down</i>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>