



# Fly Lady Cheat Sheet



"You can do anything for  
15 minutes!" --FlyLady

## Weekly Rhythm:

Monday: Weekly Home Blessing  
Tuesday: Plan and Play Day  
Wednesday: Anti-Procrastination Day  
Thursday: Errands  
Friday: Clean Out Car and Purse | Date Night  
Saturday: Family Fun Day  
Sunday: Renew Your Spirit Day

## Monthly Habits:

January: Shine Your Shine!  
February: Declutter Daily (15 Minutes)  
March: Get Dressed to Shoes  
April: Make Your Bed  
May: Loving Movement (Daily Exercise)  
June: Drink Your Water  
July: Swish & Swipe (Clean Bathroom)  
August: Laundry (A Load-a-Day)  
September: Before Bed Routine  
October: Manage Your Paper Clutter  
November: Menu Planning  
December: Pamper Yourself

## Monthly Rhythm:

Zone 1: (The week that contains the first days of month...Often Zone 1 shares a week with Zone 5—the last days of the month.)

Entryway, Front Porch, Dining Room

Zone 2: (2nd Week of the Month)

Kitchen

Zone 3: (3rd Week of the Month)

Main Bath + One Other Room (Laundry/Child's Room/Guest Room/Office)

Zone 4: (4th Week of the Month)

Master Bedroom (including Master Bathroom and Closet)

Zone 5: (Last days of the month that fall on the 5th week)

Living Room

Monday
AM

☐ Make Bed
☐ Laundry
☐ Kitchen/Dishes
☐ Bathroom
☐
☐

PM

☐ Kitchen Clean- Up
☐ Laundry
☐ 15 Minute Tidy-Up
☐

Tuesday
AM

☐ Make Bed
☐ Laundry
☐ Kitchen/Dishes
☐ Bathroom
☐
☐

PM

☐ Kitchen Clean- Up
☐ Laundry
☐ 15 Minute Tidy-Up
☐

Wednesday
AM

☐ Make Bed
☐ Laundry
☐ Kitchen/Dishes
☐ Bathroom
☐
☐

PM

☐ Kitchen Clean- Up
☐ Laundry
☐ 15 Minute Tidy-Up
☐



Weekly jobs:

Thursday
AM

☐ Make Bed
☐ Laundry
☐ Kitchen/Dishes
☐ Bathroom
☐
☐

PM

☐ Kitchen Clean- Up
☐ Laundry
☐ 15 Minute Tidy-Up
☐

Friday
AM

☐ Make Bed
☐ Laundry
☐ Kitchen/Dishes
☐ Bathroom
☐
☐

PM

☐ Kitchen Clean- Up
☐ Laundry
☐ 15 Minute Tidy-Up
☐

Saturday
AM

☐ Make Bed
☐ Laundry
☐ Kitchen/Dishes
☐ Bathroom
☐
☐

PM

☐ Kitchen Clean- Up
☐ Laundry
☐ 15 Minute Tidy-Up
☐



# My Master List

Week of: \_\_\_\_\_

Calls/Emails:

Errands:

To Do:

Chores:

