

Index Cards ACTIVITY LIST

ROOM: _____

[illegible]

*Based on the book "Sidetracked Home Executives" by Pam Young & Peggy Jones

Zone Worksheet

MY ZONES:

Zone 1 = _____

Zone 2 = _____

Zone 3 = _____

Zone 4 = _____

Zone 5 = _____

FLYLADY ZONES:

These are the zones suggested in the FlyLady System, but you should determine what works best for you

Zone 1 - Entryway & Dining Room

Zone 2 - Kitchen

Zone 3 - Kid's Bedroom, Extra Room

Zone 4 - Primary Bedroom

Zone 5 - Living Room

ZONE CLEANING TASKS:

Dust ☐

Glass Surfaces ☐

Light Fixtures ☐

Switch plates, Walls ☐

Declutter/Tidy ☐

Rugs, Floors ☐

Add a welcoming touch ☐

MY HOME & ZONE LAYOUT:

Sketch the overall layout of your home and determine your zones.

For each month, the first and last week may be split between Zones 1 & 5 depending on how the dates fall.

	ZONE 5 & ZONE 1				
		ZONE 2			
		ZONE 3			
		ZONE 4			
	ZONE 5 & ZONE 1				

Weekly Cleaning Checklist

WEEK OF	
ZONE	

DAILY CHECKLIST	
Morning Journal & Plan	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Move Your Body	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Read	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Make Beds	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Pack Snack, Lunch	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Take Vitamins & Meds	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Sweep Kitchen if needed	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Move Laundry	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Wipe Bathroom Surfaces	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Plan/Cook Dinner	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Snack & Quiet Time	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Homework	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Check & Pack Bags	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Dishes	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Shine Kitchen Sink	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Wipe Kitchen Counters	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Change Dishcloth, Towel	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Prepare for tomorrow	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Read to child	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

DAY OF THE WEEK CHECKLIST	
MONDAY	TUESDAY
Weekly Home Blessings: Zone Glass ☐ Zone Dust ☐ Zone Floors ☐ Papers ☐ Zone Clean 15 min. ☐ Hot Spot Clean 2 min. ☐	Plan & Play: Budget Update ☐ Pay Bills ☐ Plan Next 2 Weeks ☐ Menu & Groceries ☐ Wash Towels ☐ Clean MB Bath ☐ MB Suite Floors ☐
WEDNESDAY	THURSDAY
Anti-Procrastination Day: Zone Clean 15 min. ☐ Hot Spot Clean 2 min. ☐ A.P. Task ☐ Correspondence ☐	Errand Day: Groceries ☐ Recycling ☐ Errands ☐ Zone Clean 15 min. ☐ Hot Spot Clean 2 min. ☐
FRIDAY	SATURDAY
Weekly Wrap Up Day: Clean out Purse ☐ Clean out Backpack ☐ Reset Bags ☐ Zone Clean 15 min. ☐ Hot Spot Clean 2 min. ☐	Family Fun Day: Zone Clean 15 min. ☐ Hot Spot Clean 2 min. ☐ Kitchen Cal. Update ☐ Child's Room Tidy ☐ Basement Tidy ☐ Wash Cleaning Cloths ☐
SUNDAY	
Renew Your Spirit Day: Trash collected ☐ Trash to Road ☐ Clothes for Week ☐ Clean & Pack Bags ☐ Family Cal. Review ☐	