

FLYLADY AT A GLANCE

FLY! FINALLY LOVING YOURSELF

DAILY ROUTINE

Morning

- Dress to Shoes (Shower)
- Make Bed
- Swish & Swipe (Tidy Bathroom)
- Shine Your Sink (Do the Dishes)
- 1 Load Laundry

Midday

- Spend 15 Min. on Daily Focus (Weekly)
- Spend 15 Min. on Zone (Monthly)
- Dry & Put Away Laundry

Evening

- 5 Min. Hot Spot (Declutter)
- Shine Your Sink (Do the Dishes)
- Check Calendar

WEEKLY - DAILY FOCUS

MONDAY - WHB

Weekly Home Blessing (1 hour on Mondays)
Toss Mail & Magazines, Change Sheets, Empty
Trash, Dust, Vacuum, Mop, Clean Mirrors & Doors

TUESDAY - PLAY & PLANTS

Free Day & Water Plants

WEDNESDAY - ANTI PROCRASTINATION & PLANNING

Meal Plan
Clean Out Fridge, Make Appointments

THURSDAY - ERRAND DAY

Grocery Shop, Library, Post Office, Gifts,
Cards, Thrift Store, Doctor Appointments

FRIDAY - DATE NIGHT

Clean Car & Purse
Pet Care

SATURDAY - FAMILY FUN DAY

SUNDAY - RENEW YOUR SPIRIT

MONTHLY - ZONES

Deep clean 1 zone per week for 15 min. daily.

**Zone 1/Week 1 - Entrance, Dining &
Front Porch**

Zone 2/Week 2 - Kitchen

**Zone 3/Week 3 - Bathroom,
Bedrooms, Office & Laundry
Room**

**Zone 4/Week 4 - Master
Bedroom, Bath & Closet**

Zone 5/Week 5 - Living Room

S M T W T F S

1 2 3 4 **Zone/Week 1**
5 6 7 8 9 10 11 **Zone/Week 2**

Note: Zone1/Week 1 has only 4 days in it.

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ZONE 1

ENTRANCE, DINING, & PORCH

Dust
Declutter
Clean light fixtures
Wipe down walls & baseboards
Wash windows
Vacuum/sweep/mop
Organize shoes/coats/bags

ZONE 2

KITCHEN

Clean appliances
Clean fridge & freezer
Clean inside & outside of cabinets & drawers
Clean under sink
Clean light fixtures
Dust
Wash windows/walls/light switches
Vacuum/sweep/mop

ZONE 3

BEDROOMS, BATHROOM, & OFFICE

Clean mirrors & windows
Scrub sink/toilet/shower
Clean out drawers & cabinets
Wash bedding & rugs
Clean light fixtures
Straighten desk
Dust
Vacuum/sweep/mop

ZONE 4

MASTER BEDROOM, BATH, & CLOSET

Flip mattress
Clean under the bed
Wash bedding and rugs
Wash windows
Scrub sink/toilet/shower
Declutter & organize closet
Dust
Clean baseboards & light fixtures
Vacuum/sweep/mop

ZONE 5

LIVING ROOM

Clean under couch
Declutter
Straighten bookcases & drawers
Wipe down walls & baseboards
Wash windows
Clean light fixtures
Dust
Vacuum/sweep/mop

"The FlyLady program is not about cleaning. It is about changing your life to make it more rewarding and leading to a more important goal, to FLY, or Fianlly Loving Yourself." -Marla Cilley, The FlyLady