

KEEPIN' UP UP-KEEP LIST

MY VOICE YOU SHALL HEAR IN THE MORNING, O LORD; IN THE MORNING I WILL DIRECT IT TO YOU, AND I WILL LOOK UP. PSALM 5:3

MORNING ROUTINE

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| <input type="checkbox"/> PRAYER / TIME WITH THE LORD | <input type="checkbox"/> KIDS' PERSONAL PREPARATION & A.M. CHORES |
| <input type="checkbox"/> MAKE BED | <input type="checkbox"/> BREAKFAST / PICK UP / DISHES DONE |
| <input type="checkbox"/> PERSONAL PREPARATION (SHOWER & DRESS) | <input type="checkbox"/> VITAMINS |
| <input type="checkbox"/> BATHROOM(S): PICK UP | <input type="checkbox"/> CHECK: APPOINTMENTS / ERRANDS / PHONE CALLS |
| <input type="checkbox"/> WIPE TOILET | <input type="checkbox"/> SUPPER PLANS: _____ |
| <input type="checkbox"/> TOWELS (& JAMMIES) PUT IN BASKET | <input type="checkbox"/> LOAD OF LAUNDRY IN DRYER / NEW LOAD IN |
| <input type="checkbox"/> WIPE COUNTER & SINK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> LOAD OF LAUNDRY IN (BEFORE BREAKFAST) | <input type="checkbox"/> _____ |

EARLY AFTERNOON ROUTINE

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| <input type="checkbox"/> PRAYER / TIME WITH THE LORD | <input type="checkbox"/> SCHOOL WORK |
| <input type="checkbox"/> LUNCH / PICK UP / DISHES DONE | <input type="checkbox"/> FAMILY ROOM: PICK UP |
| <input type="checkbox"/> LAUNDRY OUT & NEXT LOAD IN DRYER | <input type="checkbox"/> SCHOOL ROOM / OFFICE: PICK UP |
| <input type="checkbox"/> ENTRANCE: SHOES & COATS PUT AWAY | <input type="checkbox"/> _____ |
| <input type="checkbox"/> LIVING ROOM: PICK UP | <input type="checkbox"/> _____ |

LATE AFTERNOON ROUTINE

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| <input type="checkbox"/> PRAYER / TIME WITH THE LORD | <input type="checkbox"/> DINING ROOM (OR KITCHEN TABLE): PICK UP |
| <input type="checkbox"/> LAUNDRY ROOM: PICK UP & PUT LAUNDRY AWAY | <input type="checkbox"/> SUPPER PREP. & TABLE SET |
| <input type="checkbox"/> HALLWAY/STAIRWAY: PICK UP | <input type="checkbox"/> _____ |
| <input type="checkbox"/> OUTSIDE: PICK UP | <input type="checkbox"/> _____ |

EVENING ROUTINE

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| <input type="checkbox"/> SUPPER / PICK UP / DISHES DONE | <input type="checkbox"/> MASTERBEDROOM: PICK UP |
| <input type="checkbox"/> KITCHEN: PICK UP & READY FOR BREAKFAST | <input type="checkbox"/> CLOTHES LAID OUT FOR TOMORROW |
| <input type="checkbox"/> KIDS' SHOWERS / BATH TIME / BRUSH TEETH | <input type="checkbox"/> COMPUTER TIME / EMAIL |
| <input type="checkbox"/> DIRTY CLOTHES IN LAUNDRY ROOM OR BASKET | <input type="checkbox"/> CHECK: CALENDAR / TOMORROW'S PLANS |
| <input type="checkbox"/> KIDS' ROOMS: PICK UP | <input type="checkbox"/> PERSONAL PREPARATION FOR BED |
| <input type="checkbox"/> CLOTHES LAID OUT FOR TOMORROW | <input type="checkbox"/> _____ |
| <input type="checkbox"/> PRAYER / TIME WITH THE LORD / REFLECTION | <input type="checkbox"/> _____ |