





















































Schedule Jackie & Genesis

42 days
6 weeks

* Monday -

- 6:45 / 6:40 wake up, Get ready!
- Go to school
- Come Home, straight upstairs / Change (WC)
- workout & get in the shower & get dressed (NC)
- 6:00 o'clock
- Homework, Kitchen, Anything extra! 7:00 o'clock
- 8 & Ten o'clock (pick out outfits.)

Wake up, Get ready!

straight upstairs / Change (WC)

7:00 o'clock

outfits.)

Trash &

Sleep by Ten o'clock

Day / Laundry day

Wake up!

House, Done By 6:30

cleaning this is laundry day!

Up rooms!

by 10 (Pick out outfits)

WAKEOUT!!





