

# My Parade of Daily Adventures

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



## Monday

Exercise  Vitamins  Water  Zone  PM Routine

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Tuesday

Exercise  Vitamins  Water  Zone  PM Routine

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 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Wednesday

Exercise  Vitamins  Water  Zone  PM Routine

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 \_\_\_\_\_  
 \_\_\_\_\_

## Thursday

Exercise  Vitamins  Water  Zone  PM Routine

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 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Friday

Exercise  Vitamins  Water  Zone  PM Routine

Five for Friday \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## Saturday

Exercise  Vitamins  Water  Zone  PM Routine

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## Sunday

Exercise  Vitamins  Water  Zone  PM Routine

Make next week's PODA plan \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

This week's Zone is: \_\_\_\_\_

GOAL - to spend 15 minutes per day in each zone

- Zone 1: The Entrance/Utility Room & Dining Room
- Zone 2: The Kitchen
- Zone 3: The Main Bathroom & Office/Scrap Room
- Zone 4: The Master Bedroom & Master Bathroom
- Zone 5: The Living Room