



# Purpose 31

## Rhythm & Rest System for Homemakers

WITH MELISSA RINGSTAFF

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# PURPOSE 31 WEEKLY CHECKLIST # 1



THE FRUIT OF THE SPIRIT IS LOVE, JOY, PEACE, PATIENCE, KINDNESS,  
GOODNESS, FAITHFULNESS... GALATIANS 5:22

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
LAUNDRY PILLOWS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## TUESDAY

VACUUM AND MOP FLOORS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS  
CHECK AND REPLACE AC / FURNACE FILTERS

## THURSDAY

WASH BED LINENS  
STRAIGHTEN MASTER BEDROOM CLOSET

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
DEEP CLEAN THE KITCHEN AFTER HOLIDAYS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31

## WEEKLY CHECKLIST # 2



TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING. PROVERBS 3:5

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN HANGING POT RACK AND POLISH COPPER

### TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

### THURSDAY

WASH BED LINENS  
ORGANIZE PAPERWORK FOR TAX SEASON.

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
CHECK AND RESTOCK EMERGENCY SUPPLIES



# PURPOSE 31

## WEEKLY CHECKLIST #3



IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE YOUR PATHS STRAIGHT.  
PROVERBS 3:6

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
REPLACE BAKING SODA IN FRIDGE AND FREEZER

### TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN AND ORGANIZE THE PANTRY

### THURSDAY

WASH BED LINENS  
CLEAN AND STORE HOLIDAY DECORATIONS

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31 WEEKLY CHECKLIST # 4



FOR IT IS BY GRACE YOU HAVE BEEN SAVED, THROUGH FAITH.... IT IS THE GIFT OF GOD.  
EPHESIANS 2:8

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN LEATHER FURNITURE

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31 WEEKLY CHECKLIST # 5



DO NOT BE ANXIOUS ABOUT ANYTHING. PHILIPPIANS 4:6

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
TURN MATTRESSES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
WASH WINDOWS AND WASH WINDOW TREATMENTS

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST # 6



GREATER LOVE HAS NO ONE THAN THIS: TO LAY DOWN ONE'S LIFE FOR ONE'S FRIENDS.  
JOHN 15:35

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
STRAIGHTEN MASTER BEDROOM CLOSET

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN OVENS

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31 WEEKLY CHECKLIST # 7



OFFER YOUR BODIES AS LIVING SACRIFICES, HOLY AND PLEASING TO GOD—THIS IS YOUR SPIRITUAL ACT OF WORSHIP. ROMANS 12:1

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WIPE DOWN KITCHEN CABINETS, CHECK INSIDE FOR GRIME



# PURPOSE 31 WEEKLY CHECKLIST # 8



THE THIEF COMES ONLY TO STEAL AND KILL AND DESTROY, I HAVE COME THAT THEY MAY HAVE LIFE, AND HAVE IT TO THE FULL. JOHN 10:10

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/ VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
SWEEP OUT FIREPLACE

# PURPOSE 31 WEEKLY CHECKLIST # 9



I HAVE BEEN CRUCIFIED WITH CHRIST AND I NO LONGER LIVE, BUT CHRIST LIVES IN ME.  
GALATIANS 2:20

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/ VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
START GARDEN PLANNING AND PREP



# PURPOSE 31

## WEEKLY CHECKLIST # 10



IF WE CONFESS OUR SINS, HE IS FAITHFUL AND JUST AND WILL FORGIVE US OUR SINS. 1  
JOHN 1:9

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

### THURSDAY

WASH BED LINENS  
DUST LAMP SHADES  
PREPARE OUTDOOR FURNITURE FOR SPRING

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
VACUUM MATTRESS, BOX SPRINGS AND BED FRAMES

# PURPOSE 31

## WEEKLY CHECKLIST #11



I AM THE WAY AND THE TRUTH AND THE LIFE. NO ONE COMES TO THE FATHER EXCEPT THROUGH ME. JOHN 14:6

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

### THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
CLEAN AND ORGANIZE PANTRY



# PURPOSE 31 WEEKLY CHECKLIST #12



GOD DEMONSTRATES HIS OWN LOVE FOR US IN THIS: WHILE WE WERE STILL SINNERS, CHRIST DIED FOR US. ROMANS 5:8

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS  
CHECK AND REPLACE AC / FURNACE FILTERS

## THURSDAY

WASH BED LINENS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WIPE DOWN AND CLEAN KITCHEN CEILING

# PURPOSE 31 WEEKLY CHECKLIST #13



AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS. PHILIPPIANS 4:7

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
LAUNDRY PILLOWS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## TUESDAY

VACUUM AND MOP FLOORS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
STRAIGHTEN MASTER BEDROOM CLOSET  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WASH EXTERIOR WINDOWS AND SCREENS



# PURPOSE 31 WEEKLY CHECKLIST #14



BE STRONG AND COURAGEOUS, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO. JOSHUA 1:9

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN HANGING POT RACK AND POLISH COPPER

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
WASH AND STORE WINTER BEDDING  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
INSPECT AND CLEAN OUTDOOR GRILL

# PURPOSE 31 WEEKLY CHECKLIST #15



BE STRONG AND COURAGEOUS, FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO. JOSHUA 1:9

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
REPLACE BAKING SODA IN FRIDGE AND FREEZER

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN AND CHECK ALL CEILING FANS

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST #16



AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS. PHILIPPIANS 4:7

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/ VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN LEATHER FURNITURE

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31

## WEEKLY CHECKLIST #17



ALWAYS BE PREPARED TO GIVE AN ANSWER TO EVERYONE WHO ASKS YOU TO GIVE THE REASON FOR THE HOPE THAT YOU HAVE. 1 PETER 3:15

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

### THURSDAY

WASH BED LINENS  
TURN MATTRESSES

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST #18



BUT HE WAS PIERCED FOR OUR TRANSGRESSIONS, HE WAS CRUSHED FOR OUR INIQUITIES; THE PUNISHMENT THAT BROUGHT US PEACE WAS ON HIM, AND BY HIS WOUNDS WE ARE HEALED. ISAIAH 53:5

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
STRAIGHTEN MASTER BEDROOM CLOSET

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN OVENS

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31 WEEKLY CHECKLIST #19



BUT SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE GIVEN TO YOU AS WELL. MATTHEW 6:33

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
PLAN FOR MEMORIAL DAY WEEKEND  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WIPE DOWN KITCHEN CABINETS, CHECK INSIDE FOR GRIME



# PURPOSE 31 WEEKLY CHECKLIST #20



LET US FIX OUR EYES ON JESUS, THE PIONEER AND PERFECTER OF OUR FAITH, WHO FOR THE JOY SET BEFORE HIM ENDURED THE CROSS, SCORNING ITS SHAME, AND SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD. HEBREWS 12:2

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
SWEEP OUT FIREPLACE

# PURPOSE 31 WEEKLY CHECKLIST #21



CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU. 1 PETER 5:7

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST #22



FOR WE ARE GOD'S WORKMANSHIP, CREATED IN CHRIST JESUS TO DO GOOD WORKS,  
WHICH GOD PREPARED IN ADVANCE FOR US TO DO. EPHESIANS 2:10

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
VACUUM MATTRESS, BOX SPRINGS AND BED FRAMES

# PURPOSE 31 WEEKLY CHECKLIST #23



COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST.  
MATTHEW 11:28

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CHECK AND REPLACE AC / FURNACE FILTERS

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
CLEAN AND ORGANIZE PANTRY



# PURPOSE 31 WEEKLY CHECKLIST #24



NOW FAITH IS BEING SURE OF WHAT WE HOPE FOR AND CERTAIN OF  
WHAT WE DO NOT SEE. HEBREWS 11:1

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WIPE DOWN AND CLEAN KITCHEN CEILING

# PURPOSE 31 WEEKLY CHECKLIST #25



THEREFORE, IF ANYONE IS IN CHRIST, HE IS A NEW CREATION, THE OLD HAS GONE,  
THE NEW HAS COME! 2 CORINTHIANS 5:17

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE WASH BED LINENS

## CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
SWEEP OUT FIREPLACE

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CLEAN OUT PURSE AND DIAPER BAG  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WASH BASEBOARDS AND LIGHT SWITCHES



# PURPOSE 31 WEEKLY CHECKLIST #26



BE CONTENT WITH WHAT YOU HAVE, BECAUSE GOD HAS SAID, "NEVER WILL I LEAVE YOU, NEVER WILL I FORSAKE YOU. HEBREWS 13:5

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
LAUNDRY PILLOWS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## TUESDAY

VACUUM AND MOP FLOORS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
STRAIGHTEN MASTER BEDROOM CLOSET

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31 WEEKLY CHECKLIST #27



MY GRACE IS SUFFICIENT FOR YOU, FOR MY POWER IS MADE PERFECT IN WEAKNESS. 2  
CORINTHIANS 12:9

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN HANGING POT RACK AND POLISH COPPER

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST #28



THAT IF YOU CONFESS WITH YOUR MOUTH, "JESUS IS LORD," AND BELIEVE IN YOUR HEART THAT GOD RAISED HIM FROM THE DEAD, YOU WILL BE SAVED. ROMANS 10:9

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
REPLACE BAKING SODA IN FRIDGE AND FREEZER

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31

## WEEKLY CHECKLIST #29



SO DO NOT FEAR, FOR I AM WITH YOU, DO NOT BE DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU AND HELP YOU. I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND.  
ISAIAH 41:10

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN LEATHER FURNITURE

### TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

### THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST #30



I HAVE TOLD YOU THESE THINGS, SO THAT YOU MAY HAVE PEACE. IN THIS WORLD YOU WILL HAVE TROUBLE. BUT TAKE HEART I HAVE OVERCOME THE WORLD. JOHN 16:33

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER  
BEGIN BACK TO SCHOOL PREP

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
TURN MATTRESSES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31

## WEEKLY CHECKLIST #31



GOD MADE HIM WHO HAD NO SIN TO BE SIN FOR US, SO THAT IN HIM WE MIGHT BECOME THE RIGHTEOUSNESS OF GOD. 2 CORINTHIANS 5:21

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
STRAIGHTEN MASTER BEDROOM CLOSET

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN OVENS

### THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST LAMP SHADES

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31

## WEEKLY CHECKLIST #32



AND MY GOD WILL MEET ALL OF YOUR NEEDS ACCORDING TO HIS GLORIOUS RICHES IN CHRIST JESUS. PHILIPPIANS 4:19

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
PLAN FOR LABOR DAY WEEKEND  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

### THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WIPE DOWN KITCHEN CABINETS, CHECK INSIDE FOR GRIME

# PURPOSE 31 WEEKLY CHECKLIST #33



THIS IS HOW WE KNOW WHAT LOVE IS: JESUS CHRIST LAID DOWN HIS LIFE FOR US.  
AND WE OUGHT TO LAY DOWN OUR LIVES FOR OUR BROTHERS. 1 JOHN 3:16

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31

## WEEKLY CHECKLIST #34



PEACE I LEAVE WITH YOU, MY PEACE I GIVE TO YOU. I DO NOT GIVE TO YOU AS THE WORLD GIVES. DO NOT LET YOUR HEART BE TROUBLED AND DO NOT BE AFRAID. JOHN 14:27

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/ VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

### THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST PICTURE FRAMES

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31 WEEKLY CHECKLIST #35



THESE THINGS I HAVE SPOKEN TO YOU, SO THAT IN ME YOU MAY HAVE PEACE. IN THE WORLD YOU HAVE TRIBULATION, BUT TAKE COURAGE; I HAVE OVERCOME THE WORLD.  
JOHN 16:33

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS  
CHECK AND REPLACE AC / FURNACE FILTERS

## THURSDAY

WASH BED LINENS  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
VACUUM MATTRESS, BOX SPRINGS AND BED FRAMES



# PURPOSE 31 WEEKLY CHECKLIST #36



BLESSED IS THE MAN WHO PERSEVERES UNDER TRIAL, BECAUSE WHEN HE HAS STOOD THE TEST, HE WILL RECEIVE THE CROWN OF LIFE THAT GOD HAS PROMISED TO THOSE WHO LOVE HIM. JAMES 1:12

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
CLEAN AND ORGANIZE PANTRY

# PURPOSE 31 WEEKLY CHECKLIST #37



LET US THEN APPROACH THE THRONE OF GRACE WITH CONFIDENCE, SO THAT WE MAY RECEIVE MERCY AND FIND GRACE TO HELP US UN OUR TIME OF NEED. HEBREWS 4:16

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
START FALL GARDEN CLEANUP



# PURPOSE 31 WEEKLY CHECKLIST #38



DELIGHT YOURSELF IN THE LORD AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART.  
PSALM 37:4

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
SWEEP OUT FIREPLACE

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CLEAN AND INSPECT FIREPLACES AND CHIMNEYS.

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CLEAN OUT PURSE AND DIAPER BAG  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WASH BASEBOARDS AND LIGHT SWITCHES

# PURPOSE 31 WEEKLY CHECKLIST #39



YOU WILL KEEP IN PERFECT PEACE HIM WHOSE MIND IS STEADFAST, BECAUSE HE TRUSTS  
IN YOU. ISAIAH 26:3

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
LAUNDRY PILLOWS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## TUESDAY

VACUUM AND MOP FLOORS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
STRAIGHTEN MASTER BEDROOM CLOSET

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
DEEP CLEAN UPHOLSTERY AND CURTAINS



# PURPOSE 31

## WEEKLY CHECKLIST #40



HE HIMSELF BORE OUR SINS IN HIS BODY ON THE TREE, SO THAT WE MIGHT DIE TO SINS AND LIVE FOR RIGHTEOUSNESS, BY HIS WOUNDS YOU HAVE BEEN HEALED. 1 PETER 2:24

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN HANGING POT RACK AND POLISH COPPER

### TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

### THURSDAY

WASH BED LINENS  
CHECK AND REPLACE SMOKE DETECTOR BATTERIES

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
CLEAN AND STORE SUMMER GEAR (BEACH TOWELS, OUTDOOR TOYS)

# PURPOSE 31 WEEKLY CHECKLIST #41



SALVATION IS FOUND IN NO ONE ELSE, FOR THERE IS NO OTHER NAME UNDER HEAVEN  
GIVEN TO MEN BY WHICH WE MUST BE SAVED. ACTS 4:12

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
REPLACE BAKING SODA IN FRIDGE AND FREEZER

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
START HOLIDAY PLANNING (DOWNLOAD HOLIDAY PLANNER)



# PURPOSE 31 WEEKLY CHECKLIST #42



BEING CONFIDENT OF THIS, THAT HE WHO BEGAN A GOOD WORK IN YOU WILL CARRY IT ON TO COMPLETION UNTIL THE DAY OF CHRIST JESUS. PHILIPPIANS 1:6

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
CLEAN LEATHER FURNITURE

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
BEGIN LEAF CLEANUP IN YARD

# PURPOSE 31 WEEKLY CHECKLIST #43



WHATEVER YOU DO, WORK AT IT WITH ALL YOUR HEART, AS WORKING FOR THE LORD, NOT FOR MEN. COLOSSIANS 3:23

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
TURN MATTRESSES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST



# PURPOSE 31 WEEKLY CHECKLIST #44



LOVE THE LORD YOUR GOD WILL ALL YOUR HEART AND WILL YOUR SOUL AND  
WITH ALL YOUR MIND. MATTHEW 22:37

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
STRAIGHTEN MASTER BEDROOM CLOSET

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN OVENS

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST

# PURPOSE 31

## WEEKLY CHECKLIST #45



IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE MEN, THAT THEY MAY SEE YOUR GOOD DEEDS AND PRAISE YOUR FATHER IN HEAVEN. MATTHEW 5:16

### PRAYER AND DEVOTION

### MAKE BEDS

### WASH, DRY, FOLD & PUT AWAY LAUNDRY

### SWEEP FLOORS/VACUUM

### TIDY KITCHEN

### WIPE DOWN BATHROOMS

### SPEED CLEAN + STRAIGHTEN HOUSE

### 10 MINUTE DECLUTTER

### SORT THE MAIL

### TAKE OUT TRASH

### MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

### TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

### WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

### THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS

### FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

### THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
FINISH GARDEN CLEANUP AND WINTERIZE OUTDOOR PLANTS



# PURPOSE 31 WEEKLY CHECKLIST #46



"FOR MY THOUGHTS ARE NOT YOUR THOUGHTS, NEITHER ARE YOUR WAYS MY WAYS,"  
DECLARES THE LORD. ISAIAH 55:8

PRAYER AND DEVOTION

MAKE BEDS

WASH, DRY, FOLD  
& PUT AWAY LAUNDRY

SWEEP FLOORS/VACUUM

TIDY KITCHEN

WIPE DOWN BATHROOMS

SPEED CLEAN + STRAIGHTEN HOUSE

10 MINUTE DECLUTTER

SORT THE MAIL

TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN OUT PURSE AND DIAPER BAG

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
SWEEP OUT FIREPLACE

# PURPOSE 31 WEEKLY CHECKLIST #47



FOR WE DO NOT HAVE A HIGH PRIEST WHO IS UNABLE TO SYMPATHIZE WITH OUR WEAKNESSES, BUT WE HAVE ONE WHO HAS BEEN TEMPTED IN EVERY WAY, JUST AS WE ARE—YET HE WAS WITHOUT SIN. HEBREWS 4:15

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## THURSDAY

WASH BED LINENS  
RESTOCK TOILET PAPER IN BATHROOMS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
PREPARE GUEST ROOMS FOR HOLIDAY GUESTS



# PURPOSE 31 WEEKLY CHECKLIST #48



BY THIS ALL MEN WILL KNOW THAT YOU ARE MY DISCIPLES, IF YOU LOVE ONE ANOTHER.  
JOHN 13:35

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM  
INSPECT AND CLEAN WINTER GEAR (COATS, BOOTS, ETC.).

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS  
CHECK AND REPLACE AC / FURNACE FILTERS

## THURSDAY

WASH BED LINENS  
DUST LAMP SHADES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
VACUUM MATTRESS, BOX SPRINGS AND BED FRAMES

# PURPOSE 31 WEEKLY CHECKLIST #49



DO NOT LET THIS BOOK OF THE LAW DEPART FROM YOUR MOUTH; MEDITATE ON IT DAY AND NIGHT, DO THAT YOU MAY BE CAREFUL TO DO EVERYTHING WRITTEN IN IT. THEN YOU WILL BE PROSPEROUS AND SUCCESSFUL. JOSHUA 1:8

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
CLEAN AND ORGANIZE PANTRY



# PURPOSE 31 WEEKLY CHECKLIST #50



SALVATION IS FOUND IN NO ONE ELSE, FOR THERE IS NO OTHER NAME UNDER HEAVEN BY WHICH WE MUST BE SAVED. ACTS 4:12

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS

## TUESDAY

VACUUM AND MOP FLOORS  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
DUST PICTURE FRAMES

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WIPE DOWN AND CLEAN KITCHEN CEILING

# PURPOSE 31 WEEKLY CHECKLIST #51



FOR THE WORD OF GOD IS LIVING AND ACTIVE. SHARPER THAN A DOUBLE-EDGED SWORD...  
IT JUDGES THE THOUGHTS AND ATTITUDES OF THE HEART. HEBREWS 4:12

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/ VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
SWEEP OUT FIREPLACE

## TUESDAY

VACUUM AND MOP FLOORS  
VACUUM UPHOLSTERED FURNITURE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
CLEAN OUT PURSE AND DIAPER BAG  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST  
WASH BASEBOARDS AND LIGHT SWITCHES



# PURPOSE 31 WEEKLY CHECKLIST #52



BUT THEY THAT WAIT UPON THE LORD SHALL RENEW THEIR STRENGTH; THEY SHALL MOUNT UP WITH WINGS AS EAGLES; THEY SHALL RUN, AND NOT BE WEARY; AND THEY SHALL WALK, AND NOT FAINT. ISAIAH 40:31

## PRAYER AND DEVOTION

## MAKE BEDS

## WASH, DRY, FOLD & PUT AWAY LAUNDRY

## SWEEP FLOORS/VACUUM

## TIDY KITCHEN

## WIPE DOWN BATHROOMS

## SPEED CLEAN + STRAIGHTEN HOUSE

## 10 MINUTE DECLUTTER

## SORT THE MAIL

## TAKE OUT TRASH

## MONDAY

WATER PLANTS  
SCRUB TOILET, SINKS, AND BATH TUBS  
LAUNDRY PILLOWS  
DECLUTTER DESK OR KITCHEN COMMAND CENTER

## TUESDAY

VACUUM AND MOP FLOORS  
CLEAN INSIDE AND OUTSIDE OF MICROWAVE  
CHANGE HAND TOWELS IN BATHROOM

## WEDNESDAY

CLEAN OUT FRIDGE, WIPE OUT SPILLS, THROW OUT OLD FOOD  
RESTOCK TOILET PAPER IN BATHROOMS

## THURSDAY

WASH BED LINENS  
STRAIGHTEN MASTER BEDROOM CLOSET

## FRIDAY

DUST AND POLISH FURNITURE  
CLEAN MIRRORS  
SWEEP PORCHES  
CHANGE HAND TOWELS IN BATHROOM

## THE WEEKEND

CATCH UP DAY  
CLIP COUPONS  
PLAN MENU FOR WEEK  
MAKE SHOPPING LIST





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