




# Baby Steps - Block Schedule

MORNING BLOCK	AFTERNOON BLOCK	EVENING BLOCK	TIDY HOME	STAY HEALTHY!
Make Your Bed	Eat Lunch	Eat Dinner	2-Minutes Hot Spot	Change Negative Voices
Get Dressed to Shoes	Dishes/Shine Sink	Dishes/Shine Sink	Swish and Swipe Bathroom	Vitamins
Eat Breakfast	Take a Break	Tomorrow's Dinner? Defrost?	Laundry: Sort, Wash, Dry, Fold, and Put Away	Drink Water! 
Dishes/Shine Sink	Prep for Dinner	Clothes for Tomorrow	5-Minute Room Rescue	
What's for Dinner?		Control Journal	15-Minutes Decluttering	
Look at Control Journal		Time for Bed		