

Afternoon Reminders

Early Afternoon Routine


- Eat a healthy lunch
- Clean up dishes and run the dishwasher
- Make phone calls
- Check e-mail {set timer}

After School Routine

- Empty backpack or brief case
- Make snacks
- Help with homework
- Finish laundry: dry, fold and put away

Late Afternoon Routine

- Take a 30 minute break to relax
- Set dinner table
- Start dinner
- Pick up a couple of hot spots



The secret is to do one step at a time: Having it written down helps, even if you can't do it all. Start with one habit and build upon that by adding another one to practice. Soon you will be FLYing on autopilot.— FlyLady