A FLEXIBLE WEEKLY WORKSHEET

A Simple Weekly Home-Care Rhythm

A flexible way to keep daily life moving, reset what matters, and care for details over time.

A rhythm is something you return to. It is not something you fail.



Created by Guinevere • Cascadia Home Wellness

A RHYTHM THAT CAN EXPAND OR CONTRACT

Build the week in three flexible layers

This rhythm can hold a very full week, a low-capacity week, or anything in between. The three layers stay the same while the amount of care within them can change.

CHOOSE YOUR LEVEL THIS WEEK

LOW	Take out the trash and restore enough of the sink to use it.
MODERATE	Complete the dishes, wipe the counters, and sweep the kitchen.
FULLER	Reset the kitchen and complete one rotating detail.

1 Keep daily life moving

Choose the essentials that protect function and basic care. The number you choose can change from week to week.

Examples: dishes, food and trash, laundry needed soon, or a clear walking path.

2 Reset one well-used area

Choose one room or surface that would make the week easier. Define the reset according to the capacity you have.

Examples: the kitchen sink and counter, the bathroom, the bed, or your most-used floor.

3 Let one detail rotate

Choose one detail rather than carrying the entire home in your mind. If it does not fit this week, skip this layer.

Examples: one cabinet front, a small baseboard section, a vent, or a shower track.

Simplicity is the structure, not a limit. Choose the amount that supports your life this week.

A REUSABLE WEEKLY CHECK-IN

This week in my home

Begin with what would support your life, not with everything you can see. You may fill in every section, or only the first one.

MY CAPACITY THIS WEEK

[ ] Low [ ] Moderate [ ] Variable [ ] Fuller

The one or two essentials that keep daily life moving

Example: Trash out and enough dishes clean for tomorrow.

One well-used area I would like to reset

Example: The kitchen sink and the counter beside it.

One detail I would like to rotate

Example: one cabinet front, a small section of baseboard, or skip it.

What I am intentionally allowing to wait

Naming it here means I do not need to keep deciding about it.

A small way I can make returning easier

Example: Leave the basket nearby or set out a fresh cloth.

The structure stays simple so the amount can change. Completing one small thing is enough to feel good about, and choosing more is welcome when it fits.

When you want a fuller rhythm

The complete Weekly, Monthly, and Seasonal Home-Care Plan will help you shape care around your household, your capacity, and the way you actually live.

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