Our Home & Life Journal

a little book for keeping house, home & heart



Family: _____

Address: _____

Year begun: _____

In an emergency, turn to page 5

Regina Marcella Adams · 2026

A Little Note

Our Home & Life Journal

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made with love, for keeping house & home



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find what you need, quickly

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~ SECTION 1 ~

Emergency Summary

shutoffs, policies & medical info at a glance

"God is our refuge and strength, A very present help in trouble."

Psalm 46:1 (NKJV)

Emergency Summary

scan in 90 seconds · call 911 first · Poison Control 1-800-222-1222

Shutoffs

WATER Location: _____ Tool: _____

GAS Location: _____ Tool: _____

ELECTRIC Location: _____ Tool: _____

BREAKERS Location: _____ Tool: _____

Insurance Policy Numbers

Type	Company	Policy #	Claims phone	Ded.
Home / Wind				
Flood				
Auto				
Health				
Life				

Medical · everyone in the house

Name: _____
DOB: _____ Blood type: _____
Allergies: _____
Medications: _____
Conditions: _____
Doctor & phone: _____

Name: _____
DOB: _____ Blood type: _____
Allergies: _____
Medications: _____
Conditions: _____
Doctor & phone: _____

Name: _____
DOB: _____ Blood type: _____
Allergies: _____
Medications: _____
Conditions: _____
Doctor & phone: _____

Name: _____
DOB: _____ Blood type: _____
Allergies: _____
Medications: _____
Conditions: _____
Doctor & phone: _____

Meeting place: _____ Out-of-area contact: _____

~ SECTION 2 ~

Vehicles

one tab per car: registration, insurance, upkeep, miles

"The LORD shall preserve your going out and your coming in From this time forth, and even forevermore."

Psalm 121:8 (NKJV)

Vehicle 1

registration, insurance & mileage

The Car

Year / Make / Model: _____ Color: _____

VIN: _____ License plate: _____

Purchase date: _____ Starting mileage: _____

Tire size: _____ Oil type: _____

Registration

Registration #: _____ Expires: _____

Title kept at: _____ Lien holder / loan #: _____

Insurance

Company: _____ Policy #: _____

Agent & phone: _____ Renewal date: _____

Coverage / deductible: _____ Roadside assist #: _____

Mileage Tracker

Date	Odometer	Miles	Gallons	Cost	MPG	Notes

Vehicle 1 · Maintenance Log

oil changes, tires, repairs & more

Date	Mileage	Service performed	Cost	Shop	Next due

Vehicle 2

registration, insurance & mileage

The Car

Year / Make / Model: _____ Color: _____

VIN: _____ License plate: _____

Purchase date: _____ Starting mileage: _____

Tire size: _____ Oil type: _____

Registration

Registration #: _____ Expires: _____

Title kept at: _____ Lien holder / loan #: _____

Insurance

Company: _____ Policy #: _____

Agent & phone: _____ Renewal date: _____

Coverage / deductible: _____ Roadside assist #: _____

Mileage Tracker

Date	Odometer	Miles	Gallons	Cost	MPG	Notes

Vehicle 2 · Maintenance Log

oil changes, tires, repairs & more

Date	Mileage	Service performed	Cost	Shop	Next due

Vehicle 3

registration, insurance & mileage

The Car

Year / Make / Model: _____ Color: _____

VIN: _____ License plate: _____

Purchase date: _____ Starting mileage: _____

Tire size: _____ Oil type: _____

Registration

Registration #: _____ Expires: _____

Title kept at: _____ Lien holder / loan #: _____

Insurance

Company: _____ Policy #: _____

Agent & phone: _____ Renewal date: _____

Coverage / deductible: _____ Roadside assist #: _____

Mileage Tracker

Date	Odometer	Miles	Gallons	Cost	MPG	Notes

Vehicle 3 · Maintenance Log

oil changes, tires, repairs & more

Date	Mileage	Service performed	Cost	Shop	Next due

~ SECTION 3 ~

Home Systems

HVAC, water heater, appliances & the people who fix them

"Unless the LORD builds the house, They labor in vain who build it;
Unless the LORD guards the city, The watchman stays awake in vain."

Psalm 127:1 (NKJV)

HVAC System

air conditioner, heat pump & air handler

AC / heat pump brand: _____ Model #: _____

Serial #: _____ Install date: _____

Air handler brand: _____ Model #: _____

Warranty expires: _____ Registered? (Y/N): _____

Filter size: _____ Change every: _____

Service company: _____ Phone: _____

Service Log

Date	Work done / notes	Done by	Cost	Next due

Water Heater

tank or tankless

Brand: _____ Type / fuel: _____

Model #: _____ Serial #: _____

Capacity (gal): _____ Install date: _____

Warranty expires: _____ Flush schedule: _____

Plumber: _____ Phone: _____

Service Log

Date	Work done / notes	Done by	Cost	Next due

Appliances

model numbers, warranties & service dates

Refrigerator

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Dishwasher

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Washer

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Dryer

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Range / Oven

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Microwave

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Other

Brand: _____ Model #: _____

Serial #: _____ Purchased: _____

Warranty to: _____ Last serviced: _____

Contractor Contacts

the trusted helpers who keep things running

Trade	Company / name	Phone	Email / web	Last used
HVAC				
Plumber				
Electrician				
Roofer				
Pest control				
Pool / spa				
Lawn care				
Handyman				
Appliance repair				
Garage door				
Locksmith				
Septic / well				
Pressure washing				
Irrigation				
Gutters				

Warranty Tracker

keep receipts together & note where

Item	Purchased	Store	Length	Expires	Receipt kept at

~ SECTION 4 ~

Recurring Tasks Calendar

filter changes, pest control & yearly upkeep

"To everything there is a season, A time for every purpose under heaven:"

Ecclesiastes 3:1 (NKJV)

Recurring Task Calendar

tick each month as it is done

Monthly

Task	J	F	M	A	M	J	J	A	S	O	N	D
Change HVAC filter	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Test smoke & CO alarms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean disposal & drains	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean dryer lint trap duct	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Quarterly & Seasonal

Task	J	F	M	A	M	J	J	A	S	O	N	D
Pest control service	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean gutters	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Service HVAC (spring & fall)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Check fire extinguishers	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Annual

Task	J	F	M	A	M	J	J	A	S	O	N	D
Flush water heater	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Clean dryer vent	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Roof & attic inspection	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Termite inspection	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

~ SECTION 5 ~

Zone Cleaning & 2027 Calendar

FlyLady zones woven into a 2027 month calendar

"She watches over the ways of her household, And does not eat the bread of idleness."

Proverbs 31:27 (NKJV)

Zone Cleaning

FlyLady style: a little each day, one zone each week

Daily Routines

Morning

- [ ]
- [ ]
- [ ]
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- [ ]

Afternoon

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Evening

- [ ]
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- [ ]
- [ ]
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Weekly Zones (week = days 1-7, 8-14, 15-21, 22-28, 29-31)

Zone 1 · Entrance & Porch

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Zone 2 · Kitchen

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Zone 3 · Bathrooms & Extra Room

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Zone 4 · Master Bedroom

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Zone 5 · Living Room

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Daily mini-tasks

Mon · Weekly Home Blessing
Tue · Desk day: bills & mail
Wed · Errands & menu plan
Thu · Laundry catch-up
Fri · Grocery & fridge tidy
Sat · Yard & family day
Sun · Rest & plan the week

January 2027

Fresh Starts



Holidays this month

- Fri, Jan 1 · New Year's Day
- Mon, Jan 18 · MLK Day

Goals

- [ ]
- [ ]
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- [ ]

Notes

January 2027

zones by week · mini-task by weekday · holidays marked

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
				Zone 1 ★ 1 New Year's Day	Zone 1 2	Zone 1 3
Zone 1 4	Zone 1 5	Zone 1 6	Zone 1 7	Zone 2 8	Zone 2 9	Zone 2 10
Zone 2 11	Zone 2 12	Zone 2 13	Zone 2 14	Zone 3 15	Zone 3 16	Zone 3 17
Zone 3 ★ 18 MLK Day	Zone 3 19	Zone 3 20	Zone 3 21	Zone 4 22	Zone 4 23	Zone 4 24
Zone 4 25	Zone 4 26	Zone 4 27	Zone 4 28	Zone 5 29	Zone 5 30	Zone 5 31

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

February 2027

Cozy Hearth



Holidays this month

- ♥ Sun, Feb 14 · Valentine's Day
- ★ Mon, Feb 15 · Presidents' Day

Goals

- [ ]
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Notes

February 2027

zones by week · mini-task by weekday · holidays marked

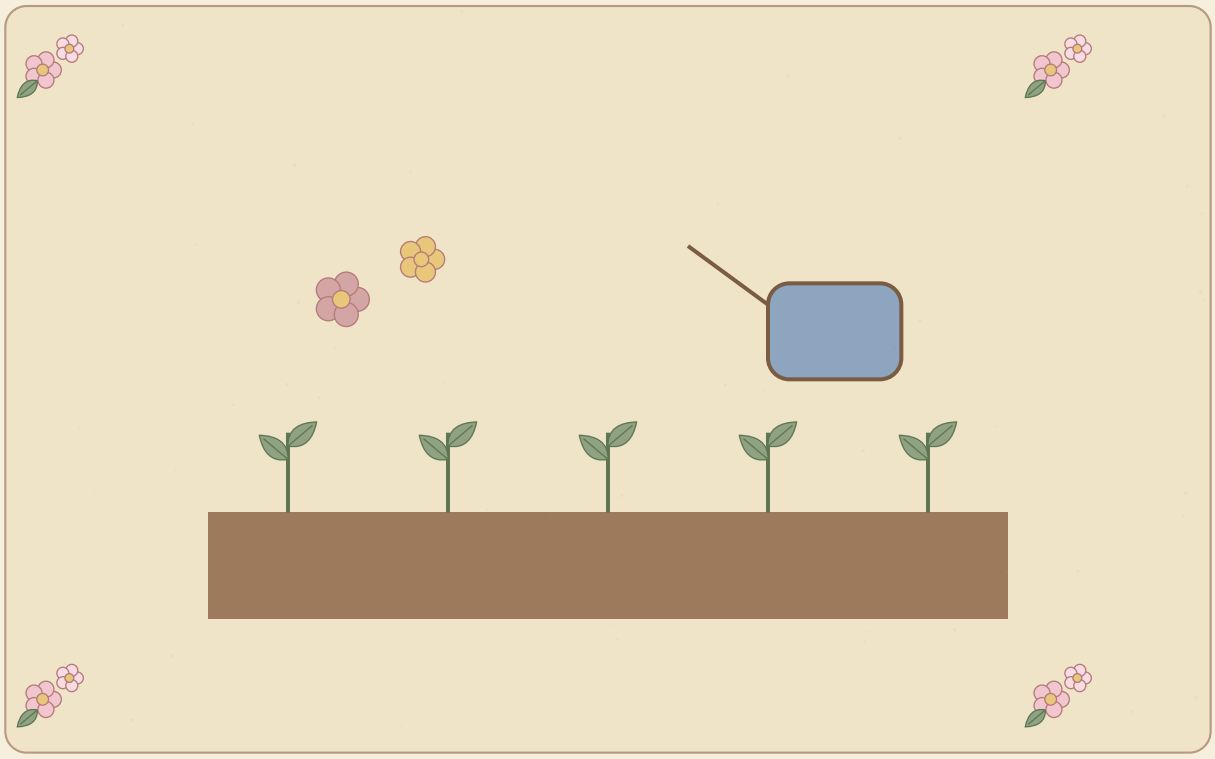
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
Zone 1	Zone 1	Zone 1	Zone 1	Zone 1	Zone 1	Zone 1
1	2	3	4	5	6	7
Zone 2	Zone 2	Zone 2	Zone 2	Zone 2	Zone 2	Zone 2
8	9	10	11	12	13	14 Valentine's Day
Zone 3	Zone 3	Zone 3	Zone 3	Zone 3	Zone 3	Zone 3
15 Presidents' Day	16	17	18	19	20	21
Zone 4	Zone 4	Zone 4	Zone 4	Zone 4	Zone 4	Zone 4
22	23	24	25	26	27	28

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

March 2027

Spring Planting



Holidays this month

- ♣ Wed, Mar 17 · St. Patrick's
- ✝ Fri, Mar 26 · Good Friday
- Sun, Mar 28 · Easter

Goals

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Notes

March 2027

zones by week · mini-task by weekday · holidays marked

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
Zone 1	Zone 1	Zone 1	Zone 1	Zone 1	Zone 1	Zone 1
1	2	3	4	5	6	7
Zone 2	Zone 2	Zone 2	Zone 2	Zone 2	Zone 2	Zone 2
8	9	10	11	12	13	14
Zone 3	Zone 3	Zone 3	Zone 3	Zone 3	Zone 3	Zone 3
15	16	♣ 17 St. Patrick's	18	19	20	21
Zone 4	Zone 4	Zone 4	Zone 4	Zone 4	Zone 4	Zone 4
22	23	24	25	✝ 26 Good Friday	27	28 Easter
Zone 5	Zone 5	Zone 5				
29	30	31				

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

April 2027

Gentle Rains



5

Holidays this month

no major holidays; a quiet month for family days

Goals

- [ ]
- [ ]
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Notes

April 2027

zones by week · mini-task by weekday · holidays marked

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
			Zone 1 · 1	Zone 1 · 2	Zone 1 · 3	Zone 1 · 4
Zone 1 · 5	Zone 1 · 6	Zone 1 · 7	Zone 2 · 8	Zone 2 · 9	Zone 2 · 10	Zone 2 · 11
Zone 2 · 12	Zone 2 · 13	Zone 2 · 14	Zone 3 · 15	Zone 3 · 16	Zone 3 · 17	Zone 3 · 18
Zone 3 · 19	Zone 3 · 20	Zone 3 · 21	Zone 4 · 22	Zone 4 · 23	Zone 4 · 24	Zone 4 · 25
Zone 4 · 26	Zone 4 · 27	Zone 4 · 28	Zone 5 · 29	Zone 5 · 30		

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

May 2027

Blooming Garden



Holidays this month

- Sun, May 9 · Mother's Day
- Mon, May 31 · Memorial Day

Goals

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Notes

May 2027

zones by week · mini-task by weekday · holidays marked

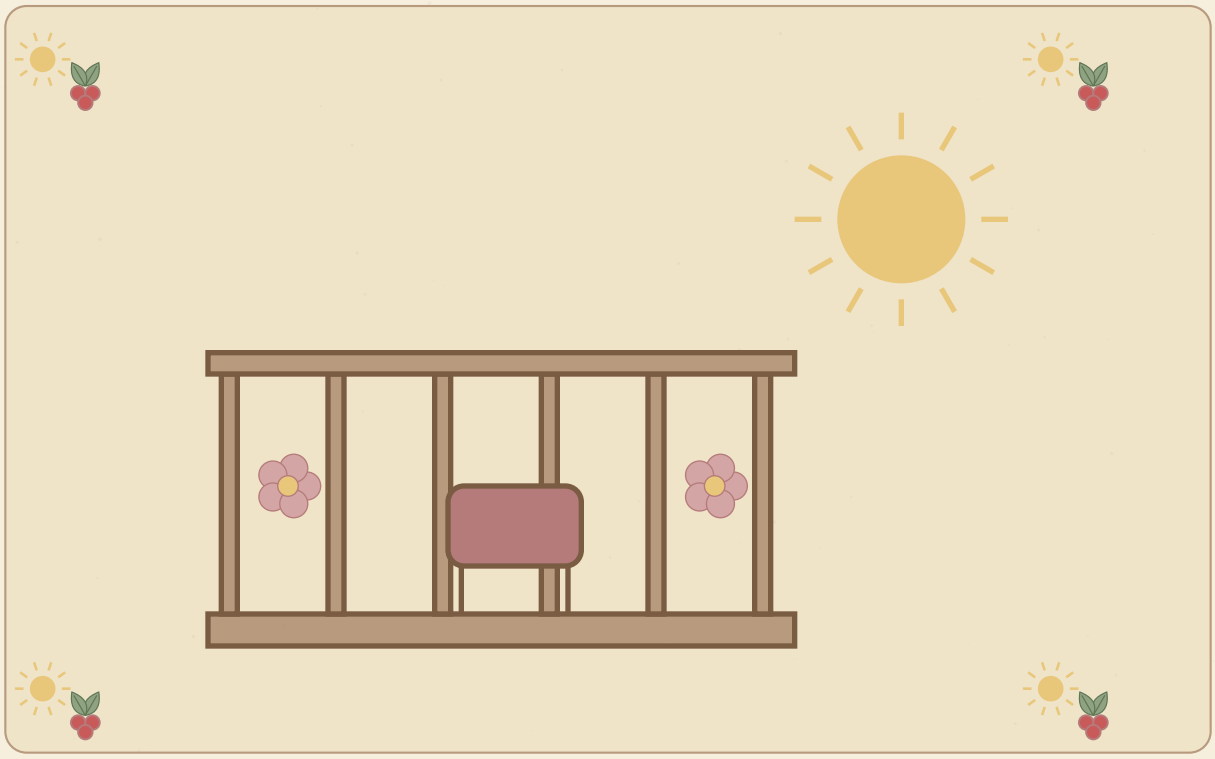
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
					Zone 1 · 1	Zone 1 · 2
Zone 1 · 3	Zone 1 · 4	Zone 1 · 5	Zone 1 · 6	Zone 1 · 7	Zone 2 · 8	Zone 2 · 9 Mother's Day
Zone 2 · 10	Zone 2 · 11	Zone 2 · 12	Zone 2 · 13	Zone 2 · 14	Zone 3 · 15	Zone 3 · 16
Zone 3 · 17	Zone 3 · 18	Zone 3 · 19	Zone 3 · 20	Zone 3 · 21	Zone 4 · 22	Zone 4 · 23
Zone 4 · 24	Zone 4 · 25	Zone 4 · 26	Zone 4 · 27	Zone 4 · 28	Zone 5 · 29	Zone 5 · 30
Zone 5 · 31 Memorial Day						

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

June 2027

Sunny Porch Days



5

Holidays this month

- ★ Sat, Jun 19 · Juneteenth
- ♥ Sun, Jun 20 · Father's Day

Goals

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Notes

June 2027

zones by week · mini-task by weekday · holidays marked

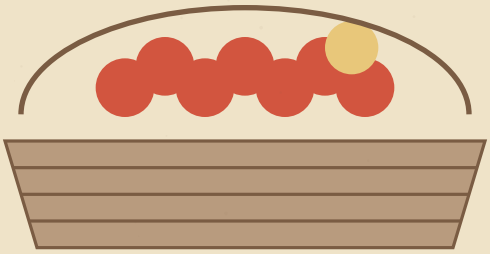
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
	Zone 1 1	Zone 1 2	Zone 1 3	Zone 1 4	Zone 1 5	Zone 1 6
Zone 1 7	Zone 2 8	Zone 2 9	Zone 2 10	Zone 2 11	Zone 2 12	Zone 2 13
Zone 2 14	Zone 3 15	Zone 3 16	Zone 3 17	Zone 3 18	Zone 3 19 Juneteenth	Zone 3 20 Father's Day
Zone 3 21	Zone 4 22	Zone 4 23	Zone 4 24	Zone 4 25	Zone 4 26	Zone 4 27
Zone 4 28	Zone 5 29	Zone 5 30				

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

July 2027

Summer Harvest



5

Holidays this month

- Sun, Jul 4 · Independence Day

Goals

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Notes

July 2027

zones by week · mini-task by weekday · holidays marked

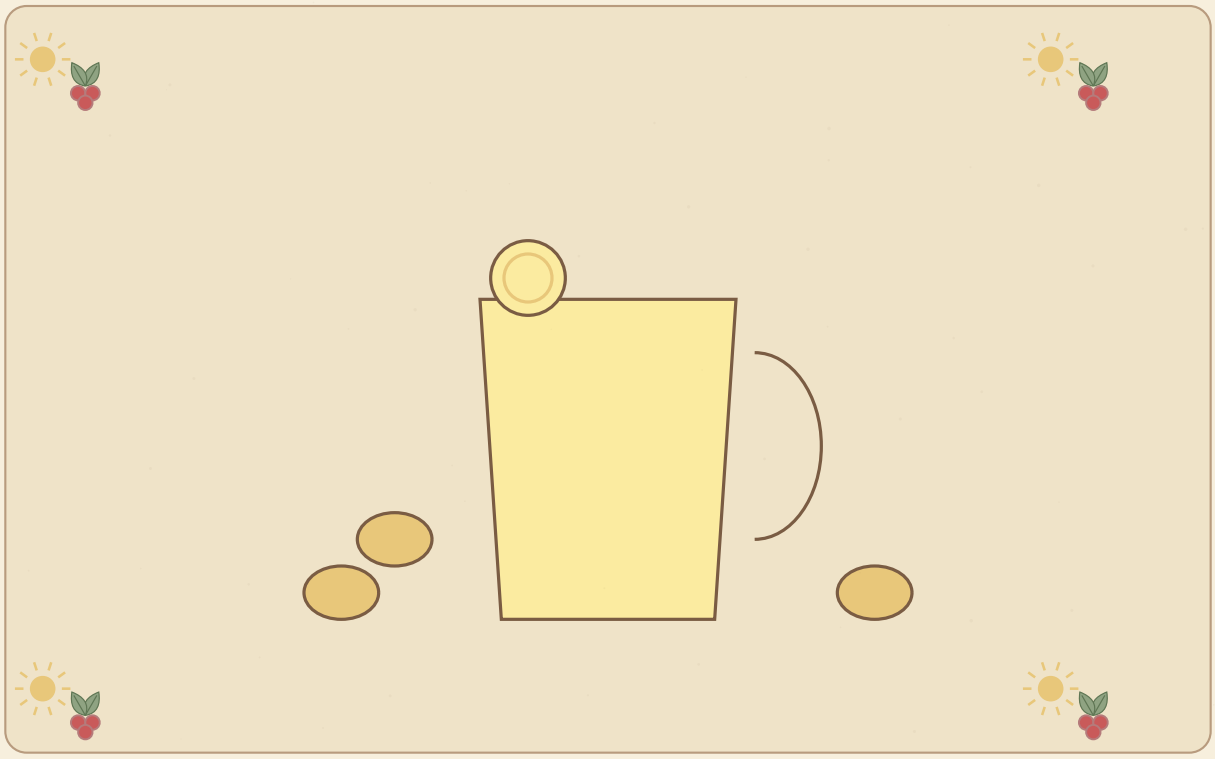
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
			Zone 1 1	Zone 1 2	Zone 1 3	Zone 1 4 Independence Day
Zone 1 5	Zone 1 6	Zone 1 7	Zone 2 8	Zone 2 9	Zone 2 10	Zone 2 11
Zone 2 12	Zone 2 13	Zone 2 14	Zone 3 15	Zone 3 16	Zone 3 17	Zone 3 18
Zone 3 19	Zone 3 20	Zone 3 21	Zone 4 22	Zone 4 23	Zone 4 24	Zone 4 25
Zone 4 26	Zone 4 27	Zone 4 28	Zone 5 29	Zone 5 30	Zone 5 31	

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

August 2027

Lazy Lemonade Afternoons



Holidays this month

no major holidays; a quiet month for family days

Goals

- [ ]
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Notes

August 2027

zones by week · mini-task by weekday · holidays marked

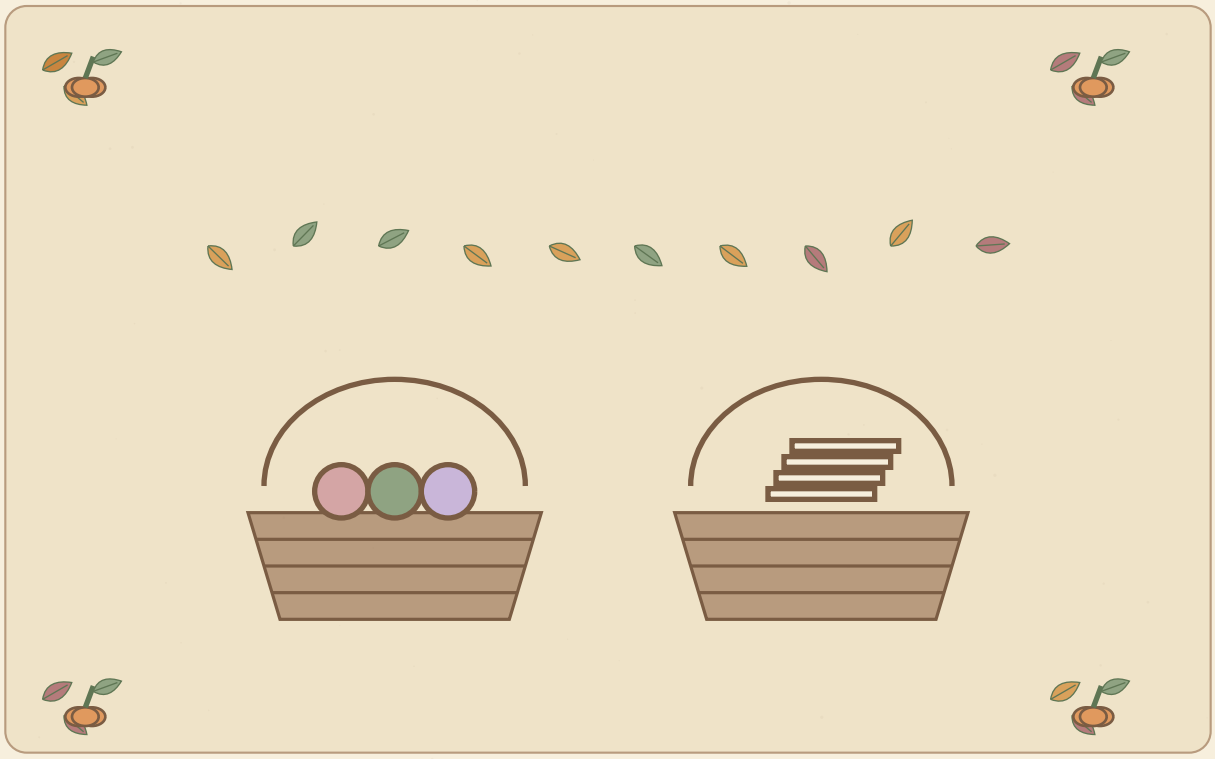
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
						Zone 1 1
Zone 1 2	Zone 1 3	Zone 1 4	Zone 1 5	Zone 1 6	Zone 1 7	Zone 2 8
Zone 2 9	Zone 2 10	Zone 2 11	Zone 2 12	Zone 2 13	Zone 2 14	Zone 3 15
Zone 3 16	Zone 3 17	Zone 3 18	Zone 3 19	Zone 3 20	Zone 3 21	Zone 4 22
Zone 4 23	Zone 4 24	Zone 4 25	Zone 4 26	Zone 4 27	Zone 4 28	Zone 5 29
Zone 5 30	Zone 5 31					

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

September 2027

Back-to-Routine Baskets



Holidays this month

- ★ Mon, Sep 6 · Labor Day

Goals

- [ ]
- [ ]
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- [ ]

Notes

September 2027

zones by week · mini-task by weekday · holidays marked

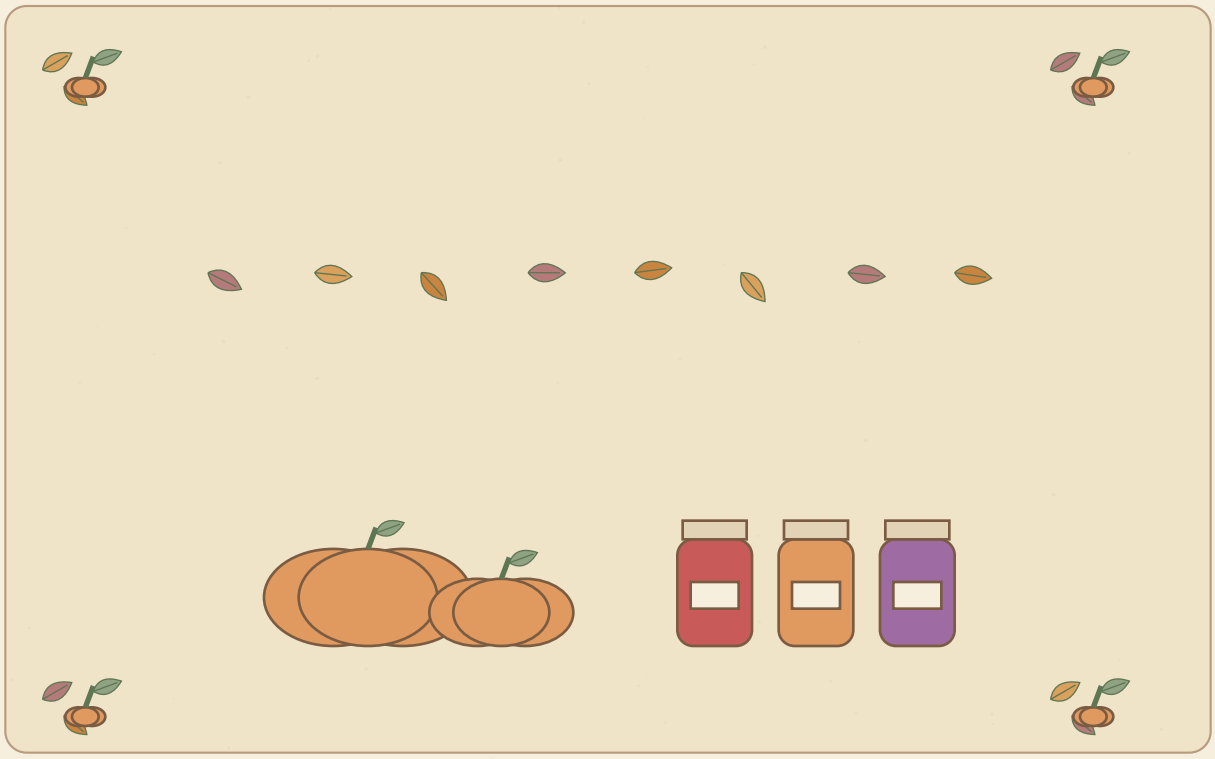
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
		Zone 1 1	Zone 1 2	Zone 1 3	Zone 1 4	Zone 1 5
Zone 1 6 Labor Day	Zone 1 7	Zone 2 8	Zone 2 9	Zone 2 10	Zone 2 11	Zone 2 12
Zone 2 13	Zone 2 14	Zone 3 15	Zone 3 16	Zone 3 17	Zone 3 18	Zone 3 19
Zone 3 20	Zone 3 21	Zone 4 22	Zone 4 23	Zone 4 24	Zone 4 25	Zone 4 26
Zone 4 27	Zone 4 28	Zone 5 29	Zone 5 30			

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month:

October 2027

Pumpkins & Preserves



Holidays this month

- Sun, Oct 31 · Halloween

Goals

- [ ]
- [ ]
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- [ ]
- [ ]
- [ ]

Notes

October 2027

zones by week · mini-task by weekday · holidays marked

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
				Zone 1 · 1	Zone 1 · 2	Zone 1 · 3
Zone 1 · 4	Zone 1 · 5	Zone 1 · 6	Zone 1 · 7	Zone 2 · 8	Zone 2 · 9	Zone 2 · 10
Zone 2 · 11	Zone 2 · 12	Zone 2 · 13	Zone 2 · 14	Zone 3 · 15	Zone 3 · 16	Zone 3 · 17
Zone 3 · 18	Zone 3 · 19	Zone 3 · 20	Zone 3 · 21	Zone 4 · 22	Zone 4 · 23	Zone 4 · 24
Zone 4 · 25	Zone 4 · 26	Zone 4 · 27	Zone 4 · 28	Zone 5 · 29	Zone 5 · 30	Zone 5 · 31 Halloween

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month: _____

November 2027

Grateful Table



5

- Holidays this month
  - Thu, Nov 11 · Veterans Day
  - Thu, Nov 25 · Thanksgiving

- Goals
  - [ ]
  - [ ]
  - [ ]
  - [ ]
  - [ ]
  - [ ]
  - [ ]

- Notes

November 2027

zones by week · mini-task by weekday · holidays marked

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
Zone 1	Zone 1	Zone 1	Zone 1	Zone 1	Zone 1	Zone 1
1	2	3	4	5	6	7
Zone 2	Zone 2	Zone 2	Zone 2	Zone 2	Zone 2	Zone 2
8	9	10	11 Veterans Day	12	13	14
Zone 3	Zone 3	Zone 3	Zone 3	Zone 3	Zone 3	Zone 3
15	16	17	18	19	20	21
Zone 4	Zone 4	Zone 4	Zone 4	Zone 4	Zone 4	Zone 4
22	23	24	25 Thanksgiving	26	27	28
Zone 5	Zone 5					
29	30					

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month: _____

_____

_____

December 2027

Candlelight & Carols



Holidays this month

- Fri, Dec 24 · Christmas Eve
- Sat, Dec 25 · Christmas Day
- Fri, Dec 31 · New Year's Eve

Goals

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Notes

December 2027

zones by week · mini-task by weekday · holidays marked

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weekly Home Blessing	Desk day: bills & mail	Errands & menu plan	Laundry catch-up	Grocery & fridge tidy	Yard & family day	Rest & plan the week
		Zone 1 1	Zone 1 2	Zone 1 3	Zone 1 4	Zone 1 5
Zone 1 6	Zone 1 7	Zone 2 8	Zone 2 9	Zone 2 10	Zone 2 11	Zone 2 12
Zone 2 13	Zone 2 14	Zone 3 15	Zone 3 16	Zone 3 17	Zone 3 18	Zone 3 19
Zone 3 20	Zone 3 21	Zone 4 22	Zone 4 23	Zone 4 24 Christmas Eve	Zone 4 25 Christmas Day	Zone 4 26
Zone 4 27	Zone 4 28	Zone 5 29	Zone 5 30	Zone 5 31 New Year's Eve		

Zone 1 · Entrance & Porch Zone 2 · Kitchen Zone 3 · Bathrooms & Extra Room Zone 4 · Master Bedroom Zone 5 · Living Room

This month: _____

_____

_____

~ SECTION 6 ~

Finances

budget, income & every little expense

"For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it —"

Luke 14:28 (NKJV)

Monthly Budget

month: _____ give every dollar a job

Income

Source	Budgeted	Actual	Difference
Paycheck 1			
Paycheck 2			
Business income			
Other			

Expenses

Category	Budgeted	Actual	Difference
Tithe / giving			
Savings			
Mortgage / rent			
Electric			
Water / sewer			
Internet & phone			
Groceries			
Gas & auto			
Insurance			
Debt payments			
Medical			
Childcare & school			
Pets			
Subscriptions			
Household			
Fun & dining out			
Total			

Income Tracker

every bit that comes in

Date	Source	Paid to / account	Amount	Running total

Expense Tracker

where the money goes

Date	Paid to	Category	Method	Amount	Total

~ SECTION 7 ~

Insurance & Estate Planning

policies, estate documents & beneficiaries

"So teach us to number our days, That we may gain a heart of wisdom."

Psalm 90:12 (NKJV)

Insurance Policies

one place for every policy

Type	Company	Policy #	Agent & phone	Premium	Renews
Homeowners					
Windstorm					
Flood (NFIP)					
Auto					
Umbrella					
Health					
Dental / Vision					
Life					
Life (2)					
Disability					
Long-term care					
Pet					
Business					

Estate Planning

documents, where they are & who they are for

Estate Documents

Document	For whom	Signed	Attorney	Original stored at
Will				
Living trust				
Durable POA				
Healthcare surrogate				
Living will / directive				
HIPAA release				
Guardian designation				
Pre-need funeral				

Beneficiaries

Account / policy	Primary	Contingent	% share	Last reviewed

~ SECTION 8 ~

Real Estate

property records, mortgage, taxes & floor plans

"Through wisdom a house is built, And by understanding it is established;"

Proverbs 24:3 (NKJV)

Property Records

the deed, the loan & the taxes

Property

Address: _____

Parcel ID: _____ Purchase date: _____

Purchase price: _____ Deed stored at: _____

Title company: _____ Survey on file (Y/N): _____

Mortgage

Lender: _____ Loan #: _____

Rate / term: _____ Monthly payment: _____

Escrow (Y/N): _____ Payoff date: _____

Property Tax & Homestead

Homestead filed: _____ Exemption #: _____

Appraiser site: _____ Tax due: _____

Tax & Improvement Log

Year	Assessed value / improvement	Amount	Notes

Floor Plan Sketch

1 square = _____ ft

3D Scans & Floor Plan Files

Matterport tours, CAD, PDFs & where they live

Date	Type	Provider	Link / file location	Notes

~ SECTION 9 ~

Business

one tab per business: income, expenses & quarterly taxes

"And whatever you do, do it heartily, as to the Lord and not to men,"

Colossians 3:23 (NKJV)

Business 1

entity info, income & quarterly estimated taxes

Entity

Business name: _____

Entity type: _____ EIN: _____

State filing #: _____ Formed: _____

Bank / account: _____ Accountant: _____

Income Categories

Category	Q1	Q2	Q3	Q4	Total
Sales / services					
Returns (-)					
Other income					

Quarterly Estimated Tax

Quarter	Due date	Federal	State	Paid on	Conf. #
Q1 · Jan-Mar					
Q2 · Apr-May					
Q3 · Jun-Aug					
Q4 · Sep-Dec					

Usual due dates: Apr 15, Jun 15, Sep 15, Jan 15 (next year); moved when they fall on a weekend/holiday. Confirm with your tax preparer.

Business 1 · Expenses

Schedule C style categories, by quarter

Category	Q1	Q2	Q3	Q4	Total
Advertising					
Car & truck					
Commissions & fees					
Contract labor					
Depreciation					
Insurance (non-health)					
Interest					
Legal & professional					
Office expense					
Rent / lease					
Repairs & maintenance					
Supplies					
Taxes & licenses					
Travel					
Meals (50%)					
Utilities					
Wages					
Home office					
Other					
TOTAL					

Business 2

entity info, income & quarterly estimated taxes

Entity

Business name: _____

Entity type: _____ EIN: _____

State filing #: _____ Formed: _____

Bank / account: _____ Accountant: _____

Income Categories

Category	Q1	Q2	Q3	Q4	Total
Sales / services					
Returns (-)					
Other income					

Quarterly Estimated Tax

Quarter	Due date	Federal	State	Paid on	Conf. #
Q1 · Jan-Mar					
Q2 · Apr-May					
Q3 · Jun-Aug					
Q4 · Sep-Dec					

Usual due dates: Apr 15, Jun 15, Sep 15, Jan 15 (next year); moved when they fall on a weekend/holiday. Confirm with your tax preparer.

Business 2 · Expenses

Schedule C style categories, by quarter

Category	Q1	Q2	Q3	Q4	Total
Advertising					
Car & truck					
Commissions & fees					
Contract labor					
Depreciation					
Insurance (non-health)					
Interest					
Legal & professional					
Office expense					
Rent / lease					
Repairs & maintenance					
Supplies					
Taxes & licenses					
Travel					
Meals (50%)					
Utilities					
Wages					
Home office					
Other					
TOTAL					

~ SECTION 10 ~

Healthcare Face Sheets

one face sheet per family member

10

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

3 John 1:2 (NKJV)

Healthcare Face Sheet

family member 1

About Me

Name: _____ DOB: _____

Blood type: _____ Height / weight: _____

Insurance & member #: _____ Emergency contact: _____

Conditions

Condition	Since

Allergies & reactions

Allergy	Reaction

Medications

Medication	Dose	How often	Prescriber	Pharmacy

Doctors

Specialty	Name	Phone	Address / portal

Pharmacies

Pharmacy	Phone	Address / Rx #

Healthcare Face Sheet

family member 2

About Me

Name: _____ DOB: _____

Blood type: _____ Height / weight: _____

Insurance & member #: _____ Emergency contact: _____

Conditions

Condition	Since

Allergies & reactions

Allergy	Reaction

Medications

Medication	Dose	How often	Prescriber	Pharmacy

Doctors

Specialty	Name	Phone	Address / portal

Pharmacies

Pharmacy	Phone	Address / Rx #

Healthcare Face Sheet

family member 3

About Me

Name: _____ DOB: _____

Blood type: _____ Height / weight: _____

Insurance & member #: _____ Emergency contact: _____

Conditions

Condition	Since

Allergies & reactions

Allergy	Reaction

Medications

Medication	Dose	How often	Prescriber	Pharmacy

Doctors

Specialty	Name	Phone	Address / portal

Pharmacies

Pharmacy	Phone	Address / Rx #

Healthcare Face Sheet

family member 4

About Me

Name: _____ DOB: _____

Blood type: _____ Height / weight: _____

Insurance & member #: _____ Emergency contact: _____

Conditions

Condition	Since

Allergies & reactions

Allergy	Reaction

Medications

Medication	Dose	How often	Prescriber	Pharmacy

Doctors

Specialty	Name	Phone	Address / portal

Pharmacies

Pharmacy	Phone	Address / Rx #

~ SECTION 11 ~

Citizenship & Important Documents

passports, SS cards, certificates & where they are kept

"For our citizenship is in heaven, from which we also eagerly wait for the Savior, the Lord Jesus Christ,"

Philippians 3:20 (NKJV)

Important Documents

citizenship & identity records, and where they are kept

Document	Person	Number	Issued	Expires	Stored at
Passport					
Passport					
Passport					
Passport					
Social Security card					
Social Security card					
Social Security card					
Social Security card					
Birth certificate					
Birth certificate					
Birth certificate					
Birth certificate					
Marriage certificate					
Naturalization cert.					
Citizenship cert.					
Green card					
Driver license / ID					
Driver license / ID					
Divorce / adoption					
Military DD-214					
Other					

~ SECTION 12 ~

Contacts Directory

doctors, lawyers, agents & emergency numbers

"A friend loves at all times, And a brother is born for adversity."

Proverbs 17:17 (NKJV)

Contacts Directory

emergency numbers & doctors

Emergency Numbers

Who	Phone	Notes
Emergency	911	
Poison Control	1-800-222-1222	
Police (non-emergency)		
Fire (non-emergency)		
Nearest hospital		
Urgent care		
Power outage line		
County emergency mgmt		

Doctors & Dentists

Specialty	Name	Phone	Address / portal
Pediatrician			
Family doctor			
Dentist			
Eye doctor			

Contacts Directory

lawyers, agents & helpers

Lawyers & Advisors

Role	Name	Phone	Email / address
Estate attorney			
Family / other			
Accountant / CPA			
Financial advisor			

Insurance Agents

Policy	Agent	Phone	Email
Home / wind			
Flood			
Auto			
Life / health			

Family, Neighbors & Church

Relationship	Name	Phone	Address / notes

~ SECTION 13 ~

Home Inventory

room by room, for insurance & peace of mind

"But lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal."

Matthew 6:20 (NKJV)

Home Inventory 1

photo everything, note the serial & value; doubles as insurance proof

Room	Item	Photo	Photo location	Serial #	Value	Bought
		☐				
		☐				
		☐				
		☐				
		☐				
		☐				
		☐				
		☐				
		☐				
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		☐				
		☐				
		☐				
		☐				
		☐				
		☐				

Home Inventory 2

photo everything, note the serial & value; doubles as insurance proof

Room	Item	Photo	Photo location	Serial #	Value	Bought
		☐				
		☐				
		☐				
		☐				
		☐				
		☐				
		☐				
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		☐				
		☐				

~ SECTION 14 ~

Hurricane & Disaster Prep

Florida hurricane season: plans, supplies & checklists

14

"Then He arose and rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm."

Mark 4:39 (NKJV)

Hurricane Plan

Florida season: June 1 - November 30

Evacuation

Evacuation zone: _____ County: _____

Primary route: _____

Alternate route: _____

Where we go: _____ Out-of-state contact: _____

Shelters

Shelter	Address	Pet friendly?	Special needs?

Shutoff Locations

Water main: _____ Gas: _____

Electric main: _____ Pool / irrigation: _____

Generator transfer switch: _____

Supply Checklist

check every May, before the season starts

- [ ] Water: 1 gal / person / day, 7 days
- [ ] Water for pets
- [ ] Non-perishable food, 7 days
- [ ] Manual can opener
- [ ] Flashlights & lanterns
- [ ] Extra batteries
- [ ] NOAA weather radio
- [ ] Phone chargers & power banks
- [ ] First aid kit
- [ ] Prescriptions (2+ weeks)
- [ ] Glasses, hearing aids, etc.
- [ ] Cash in small bills
- [ ] Documents in waterproof bag
- [ ] Pet food, carrier, records
- [ ] Baby supplies / formula
- [ ] Hygiene & sanitation items
- [ ] Bleach & garbage bags
- [ ] Tarps, rope, duct tape
- [ ] Basic tools & work gloves
- [ ] Fire extinguisher
- [ ] Cooler & ice
- [ ] Bug spray & sunscreen
- [ ] Paper plates & utensils
- [ ] Full gas tanks & fuel cans
- [ ] Propane for grill
- [ ] Whistle
- [ ] Games & books for kids
- [ ] Masks & rain gear

Our extras

Pre-Storm Checklist

shutters, generator & the final 72 hours

72-48 hours

- [ ] Refill prescriptions
- [ ] Get cash
- [ ] Fill gas tanks & cans
- [ ] Bring in patio furniture
- [ ] Check shutters & hardware
- [ ] Test generator
- [ ] Photo home for insurance
- [ ] Charge all devices

24 hours / landfall

- [ ] Install shutters / panels
- [ ] Freeze water jugs
- [ ] Fridge & freezer to coldest
- [ ] Fill tubs for flushing
- [ ] Turn off pool pump
- [ ] Secure boats & trash cans
- [ ] Move cars to high ground
- [ ] Shelter in place or GO

Shutters

Type: _____ Stored at: _____

Hardware stored at: _____ Install time: _____

Generator

Brand / model: _____ Fuel type / capacity: _____

Runs what: _____ Last tested: _____

Oil changed: _____ Extension cords stored at: _____

~ SECTION 15 ~

Legal Documents

active cases, filings & court dates

"He has shown you, O man, what is good; And what does the LORD require of you But to do justly, To love mercy, And to walk humbly with your God?"

Micah 6:8 (NKJV)

Legal Documents

active cases, filings & court dates

Active Cases

Case name	Case #	Court	Attorney	Status

Filings

Date	Document filed	Filed by	Notes

Court Dates

Date	Time	Court / room	Case	What to bring

~ SECTION 16 ~

Wellness Journal

monthly goals, movement & health

16

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

1 Corinthians 6:19 (NKJV)

Monthly Wellness Goals

small steps, every month

January

- [ ]
- [ ]
- [ ]
- [ ]

February

- [ ]
- [ ]
- [ ]
- [ ]

March

- [ ]
- [ ]
- [ ]
- [ ]

April

- [ ]
- [ ]
- [ ]
- [ ]

May

- [ ]
- [ ]
- [ ]
- [ ]

June

- [ ]
- [ ]
- [ ]
- [ ]

July

- [ ]
- [ ]
- [ ]
- [ ]

August

- [ ]
- [ ]
- [ ]
- [ ]

September

- [ ]
- [ ]
- [ ]
- [ ]

October

- [ ]
- [ ]
- [ ]
- [ ]

November

- [ ]
- [ ]
- [ ]
- [ ]

December

- [ ]
- [ ]
- [ ]
- [ ]

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Health & Exercise Tracker

month: _____ fill a square each day

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Water																															
Movement																															
Steps goal																															
Sleep 7h+																															
Vitamins																															
Prayer																															
Outside time																															
Mood																															

Exercise Log

Date	Activity	Minutes	How I felt	Notes

Health Notes

Date	Weight / BP / sugar	Notes

~ SECTION 17 ~

Gratitude & Bible Verses

a thankful heart, month by month

"Oh, give thanks to the LORD, for He is good! For His mercy endures forever."

Psalm 107:1 (NKJV)

January · Gratitude

a thankful heart, january

"Through the LORD's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness."

Lamentations 3:22-23 (NKJV)

I am thankful for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Prayer requests

_____

_____

_____

_____

_____

_____

Answered prayers

_____

_____

_____

_____

_____

_____

February · Gratitude

a thankful heart, february

"We love Him because He first loved us."

1 John 4:19 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

March · Gratitude

a thankful heart, march

"This is the day the LORD has made; We will rejoice and be glad in it."

Psalm 118:24 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

April · Gratitude

a thankful heart, april

> "He is not here; for He is risen, as He said. Come, see the place where the Lord lay."
>
> Matthew 28:6 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

May · Gratitude

a thankful heart, may

"The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters."

Psalm 23:1-2 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

June · Gratitude

a thankful heart, june

"The heavens declare the glory of God; And the firmament shows His handiwork."

Psalm 19:1 (NKJV)

I am thankful for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Prayer requests

_____

_____

_____

_____

_____

_____

_____

Answered prayers

_____

_____

_____

_____

_____

_____

_____

July · Gratitude

a thankful heart, july

"I can do all things through Christ who strengthens me."

Philippians 4:13 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

August · Gratitude

a thankful heart, august

> "Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths."
>
> Proverbs 3:5-6 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

September · Gratitude

a thankful heart, september

"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."

Isaiah 41:10 (NKJV)

I am thankful for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Prayer requests

_____

_____

_____

_____

_____

_____

Answered prayers

_____

_____

_____

_____

_____

_____

October · Gratitude

a thankful heart, october

"And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart."

Galatians 6:9 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

November · Gratitude

a thankful heart, november

> "In everything give thanks; for this is the will of God in Christ Jesus for you."
>
> 1 Thessalonians 5:18 (NKJV)

I am thankful for...

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Prayer requests

Answered prayers

December · Gratitude

a thankful heart, december

> "For there is born to you this day in the city of David a Savior, who is Christ the Lord."
>
> Luke 2:11 (NKJV)

I am thankful for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Prayer requests

_____

_____

_____

_____

_____

_____

_____

Answered prayers

_____

_____

_____

_____

_____

_____

_____

~ SECTION 18 ~

Pet Records

vaccines, vet visits & medicines

"A righteous man regards the life of his animal, But the tender mercies of the wicked are cruel."

Proverbs 12:10 (NKJV)

Pet 1

vaccinations, vet visits & medicines

About

Name: _____ Species / breed: _____

Birthday: _____ Microchip #: _____

Vet clinic: _____ Vet phone: _____

Vaccinations

Vaccine	Given	Next due	Clinic / notes
Rabies			
DHPP / FVRCP			
Bordetella			
Leptospirosis			

Vet Visits

Date	Reason	Vet	Cost	Follow-up

Medications & Preventives

Medication	Dose	How often	Notes (heartworm, flea/tick)

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Pet 2

vaccinations, vet visits & medicines

About

Name: _____ Species / breed: _____

Birthday: _____ Microchip #: _____

Vet clinic: _____ Vet phone: _____

Vaccinations

Vaccine	Given	Next due	Clinic / notes
Rabies			
DHPP / FVRCP			
Bordetella			
Leptospirosis			

Vet Visits

Date	Reason	Vet	Cost	Follow-up

Medications & Preventives

Medication	Dose	How often	Notes (heartworm, flea/tick)

~ SECTION 19 ~

Gardening & Landscaping

planting, harvest & Florida seasonal tasks

"While the earth remains, Seedtime and harvest, Cold and heat, Winter and summer, And day and night Shall not cease."

Genesis 8:22 (NKJV)

Planting & Harvest Log

zones 9-10 friendly

Planting

Date	Plant / variety	Bed / spot	Seed or start	Notes

Harvests

Date	Crop	Amount	Notes

Seasonal Garden Tasks

a Florida gardener's year; check your county extension

Fall · Sep-Nov

- [ ] Plant cool-season veggies: lettuce, kale, broccoli, carrots
- [ ] Plant strawberries (Oct-Nov)
- [ ] Refresh mulch after summer rains
- [ ] Divide perennials

Winter · Dec-Feb

- [ ] Watch frost alerts; cover tender plants
- [ ] Fertilize citrus (Feb)
- [ ] Plant onions, peas & herbs
- [ ] Prune most trees while dormant

Spring · Mar-May

- [ ] Plant tomatoes, peppers, beans, squash early
- [ ] Mulch & set irrigation for dry season
- [ ] Prune & trim trees before storm season
- [ ] Fertilize lawn & palms

Summer · Jun-Aug

- [ ] Plant heat lovers: okra, sweet potato, Southern peas
- [ ] Solarize empty beds
- [ ] Watch for chinch bugs & fungus
- [ ] Secure pots & garden decor for storms

~ SECTION 20 ~

Subscriptions Tracker

services, renewals & when to cancel

"Be diligent to know the state of your flocks, And attend to your herds;"

Proverbs 27:23 (NKJV)

Subscriptions Tracker

streaming, software & memberships

Service	Category	Cost	Cycle	Renews	Cancel by	Keep?
						☐
						☐
						☐
						☐
						☐
						☐
						☐
						☐
						☐
						☐
						☐
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						☐
						☐
						☐
						☐
						☐
						☐
						☐

~ SECTION 21 ~

School Records

enrollment, grades, teachers & activities

"Train up a child in the way he should go, And when he is old he will not depart from it."

Proverbs 22:6 (NKJV)

Child 1 · School

enrollment & teachers

Enrollment

Name: _____ School year: _____

School: _____ Grade: _____

Student ID: _____ Office phone: _____

Enrollment forms done: _____ Immunization form: _____

Pick-up authorized: _____

Teacher Contacts

Subject	Teacher	Phone	Email / portal

Child 1 · Grades & Activities

report cards & the weekly schedule

Grades

Subject	Q1	Q2	Q3	Q4	Final / notes

Activity Schedule

Activity	Day	Time	Location	Coach / phone	Cost

Child 2 · School

enrollment & teachers

Enrollment

Name: _____ School year: _____

School: _____ Grade: _____

Student ID: _____ Office phone: _____

Enrollment forms done: _____ Immunization form: _____

Pick-up authorized: _____

Teacher Contacts

Subject	Teacher	Phone	Email / portal

Child 2 · Grades & Activities

report cards & the weekly schedule

Grades

Subject	Q1	Q2	Q3	Q4	Final / notes

Activity Schedule

Activity	Day	Time	Location	Coach / phone	Cost

~ SECTION 22 ~

Weekly Menu Planning

a week of meals plus the grocery list

"Give us this day our daily bread."

Matthew 6:11 (NKJV)

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Weekly Menu Plan

week of _____

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Grocery List

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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Weekly Menu Plan

week of _____

	Breakfast	Lunch	Dinner	Snacks
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Grocery List

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Weekly Menu Plan

week of _____

	Breakfast	Lunch	Dinner	Snacks
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Weekly Menu Plan

week of _____

	Breakfast	Lunch	Dinner	Snacks
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Grocery List

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~ SECTION 23 ~

Comic Corner

little words of hope & courage from the funny pages

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."

Joshua 1:9 (NKJV)

Comic Corner

short quoted lines on hope & courage · text only, cited

"...With great power there must also come -- great responsibility!"

— narration caption

Amazing Fantasy #15 (Aug. 1962) · writer Stan Lee · artist Steve Ditko · Marvel Comics

"Your doctor really did get held up, Regan. It's never as bad as it seems. You're much stronger than you think you are. Trust me."

— Superman

All-Star Superman #10 (2008) · writer Grant Morrison · artist Frank Quitely · DC Comics

"Superman's not dead. I know he's up there, building an artificial heart to keep the sun alive. He'll be back when he's done, Jimmy. And when he's done, he knows where to find me."

— Lois Lane

All-Star Superman #12 (2008) · writer Grant Morrison · artist Frank Quitely · DC Comics

"Dreams save us. Dreams lift us up and transform us."

— Superman

Action Comics #775 (Mar. 2001) · writer Joe Kelly · artists Doug Mahnke & Lee Bermejo · DC Comics

"When the mob and the press and the whole world tell you to move, your job is to plant yourself like a tree beside the river of truth, and tell the whole world -- 'No, you move.'"

— Captain America

The Amazing Spider-Man #537 (Jan. 2007) · writer J. Michael Straczynski · artist Ron Garney · Marvel Comics

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