# **5 THINGS YOU CAN DO DURING THE COVID 19 LOCKDOWN**

CALENDAR PLANNER

**Crushing Goals and Taking Notes** 

### **1-Clean the Fridge**

When was the last time he (your fridge) had a scrub a dub dub. If you can't remember we have a check list to help you keep up with his care. Also, we have a suggestion for those who have school age children. Give each child a shelf assignment, allow the child to clean the shelf and as they are removing items from the shelf write them down and later make sentences using those words. \*Note, this clean list can be used for your children's closet or room. \*

Item	Date Cleaned

#### MR. CLEAN CHECK LIST

### 2- Take Out The Trash

Do you really read all those emails, how many are you subscribed to, too many to count, right? You can take a load off your feet and sit down to complete this task. This is easier than you think, let's start off with process of elimination. First, empty your email trash, you can set it to auto delete in the future. Second, go through your promotional emails and delete those as well (check for the important ones, all else delete). Whew, are you tired yet, we're just getting started. In your main mailbox delete what you don't need and create folders for those you do. Also, how many email subscriptions have you signed up for, now is a good time to unsubscribe and keep track of the ones you will continue to receive.

Subscription	Purpose

#### SUBSCRIPTION LIST

### **3- Plan Ahead**

There's nothing like being prepared. Now is a good time to meal prep if you're adhering to the no contact rule or live in a state where all bars and restaurants are closed. There's more than one way to meal prep, below is a list of a few and we've provided you with a weekly meal prep chart to track your meals. ENJOY!

1. Make Ahead Meals-these meals can be cooked in advanced, refrigerated and reheated.

2. Batch Cooking Meals- making large batches/quantities of meals, create individual portions, freeze and store for future consumption.

3. Grab and Go Meals-prepare meals that can be eaten on the go, these meals can be refrigerated over a couple of days and don't forget to add fresh veggies as well.

Week of	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

#### WEEKLY MEAL PREP

## **4- Readjust Your Budget**

With all the rush spending going on your budget must be out of wack, now is a perfect time to sit down and take inventory of what you bought out of necessity and what you bought out of fear. Revisit your savings account and determine if you'll need to adjust anything due to additional spending. Also, if you have an emergency fund consider moving money from there to balance out your checking account.

In the days and weeks ahead be aware of your spending and make good choices.

Category	Projected	Actual	Balance	Notes
	Cost	Cost		
	I	1		
TOTAL				

#### MONTHLY BUDGET

### **5-Just Chill**

With everything that's going on, why not have a little downtime. Time to just chill and close your mind from all the outside noise. Sometimes we must take time for ourselves and our well-being.

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LZW	S	Ζ	G	R	Т	R	С	L	0	$\mathbf{M}$	С	Η	R	Ν	J	Ρ	Ρ
FDA	J	В	Μ	W	Т	Х	U	D	R	Ι	Ν	Κ	$\mathbf{W}$	А	Т	E	R
CYL	Ν	L	А	Ν	R	U	0	J	Κ	Υ	W	Q	Х	Ρ	R	U	Ν
ΑΑΚ	Р	Ε	G	Ι	W	А	S	Η	Υ	0	U	R	Η	А	Ν	D	S
RRA	$\mathbf{M}$	Т	S	Ι	L	Κ	С	Е	Η	С	V	J	U	J	V	W	R
ЕРМ	Е	Ν	Κ	A	E	Ν	Ι	Т	Ν	А	R	А	U	Q	С	А	D
мві	D	L	А	E	Μ	D	Е	С	Ν	А	L	А	В	L	L	Е	$\mathbf{W}$
QIL	Ι	$\mathbf{V}$	Ν	Μ	E	А	L	Р	R	Е	Ρ	С	J	Υ	В	F	Т
ΟΥΕ	Т	U	S	Т	А	Υ	Ι	Ν	S	Ι	D	Е	Е	$\mathbf{C}$	А	Е	Т
МХЈ	Α	Η	Η	F	Е	Ζ	S	Е	Ρ	Ζ	V	Ρ	D	Η	G	S	R
ТQМ	Т	Η	Т	V	F	U	В	Т	U	S	V	Ζ	$\mathbf{V}$	D	U	$\mathbf{W}$	Μ
Т G Т	Е	В	L	х	А	Е	Ν	F	Ζ	А	$\mathbf{C}$	D	U	J	Η	U	$\mathbf{W}$
АҮН	Е	R	С	Κ	Μ	Е	Е	L	Е	Ζ	D	В	D	U	А	W	Ρ
ΝΕΧ	Е	R	С	Ι	S	Е	Т	Ι	С	J	U	А	Ν	L	Η	$\mathbf{V}$	$\mathbf{S}$
ουv	S	х	Υ	А	R	U	Υ	Х	Υ	Ζ	Е	Q	В	U	J	С	F
RNH	Ν	Ι	Μ	A	Т	Ι	$\mathbf{V}$	F	R	R.	Η	В	Η	Η	В	D	R
OVR	Υ	Q	$\mathbf{J}$	Т	Μ	Е	D	Ι	Т	А	Т	Е	L	$\mathbf{C}$	Q	Κ	С
CIE	А	Η	Е	R	Ι	S	S	Ε	R	Т	S	D	Ι	0	V	А	Ν

Exercise	Call A Friend	Meditate	Walk A Mi	le Run	Journal	Pray	Well Balanced Meal
Hulu	Netflix	Avoid	d Stress	Wash Your H	Hands	Meditate	Eat Healthy
Enjoy Family	Self Care	Meal Prep	Monthly Bu	dget	Checklist	Re-adju	st Corona
Quaran	tine Stay Insid	le Budg	get	Drink Water	· •	/itamin	

### Thanks for being a subscriber and during this time be safe and use caution!