

alpacto

One small step

Choose one task. Give it 5–15 minutes.

Date September 14 Name Alex

Start here Kitchen counter

	Small task	Minutes	Done
1	Clear one counter	5	☒
2	Wash five dishes	5	☒
3	Wipe the sink	5	☐
4	Put laundry away	10	☐
5	Empty one bin	5	☐
6	Water plants	5	☐

A little counts.

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