

# Weekly Tasks

Tasks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Washing	Weekend clothes	Sheets	Towels & Cloths	Mum & Dad Clothes	Kids Clothes		
Cleaning (20 Minutes a day as a family)	Bathroom	Windows	Bedrooms	Kitchen Tidy Empty Fridge	Living areas	Gardening	
Finances	Pay bills	School Emails	Check bank accounts	Order Food to be delivered for Friday arvo	Cut up & Prep food for the week ahead in containers to keep fresh		
Exercises	Planks	Squats	Push ups	Crunches	Lunges	Walking	

# Kids Daily Tasks

Who	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<input type="checkbox"/> Take out bin <input type="checkbox"/> Homework <input type="checkbox"/> Empty Lunches <input type="checkbox"/> Pack new lunches <input type="checkbox"/>	<input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Homework <input type="checkbox"/> Empty Lunches <input type="checkbox"/> Pack new lunches <input type="checkbox"/>	<input type="checkbox"/> Take out bin <input type="checkbox"/> Homework <input type="checkbox"/> Empty Lunches <input type="checkbox"/> Pack new lunches <input type="checkbox"/>	<input type="checkbox"/> Empty Dishwasher <input type="checkbox"/> Homework <input type="checkbox"/> Empty Lunches <input type="checkbox"/> Pack new lunches <input type="checkbox"/>	<input type="checkbox"/> Take out bin <input type="checkbox"/> Empty Lunches <input type="checkbox"/> Pack new lunches <input type="checkbox"/>		
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# Dinner Meal Plan

Days	One	Two	Three	Four	Five	Six	Seven
Monday	Chicken Burger	Meat Pie	Lamb Shank	Turkey Salad	Quiche	Chicken Stroganoff	Sausage Roll
Tuesday	Lamb Chops	Stir Fry	Chicken Kiev	Salmon & Veg	Curry	Satay Chicken	Macaroni & Cheese
Wednesday	Taco	Fish & Salad	Stew & Mash potato	Satay Sticks	Noodle Salad	Pizza	Chicken Parmigiana
Thursday	Steak & Salad	Meatballs & Spaghetti	Greek Salad	Chicken Casserole	Sausages	Ceasar Salad	Cottage pie
Friday	Spaghetti	Enchilada	Indian	Savory Mince	Soup	Tuna Mornay	Fried rice
Saturday	Chicken Drumsticks	Pizza	Lasagna	Corn Fritters Bacon Eggs	Meatball Sub	Fish & Chips	Chicken Fingers
Sunday	Roast Beef	Hot dogs	Roast Chicken	Beef Burger	Roast Lamb	Pulled Pork & coleslaw	Roast Silverside



# Budget

These amounts are **per year**.

If you pay the bill quarterly, multiply the amount by 4.

Overestimate to compensate when bills increase

If you pay the bill weekly, multiply the amount by 52.

<b>INCOMING</b>	Total Wages		\$	
	Additional Income		\$	
		TOTAL PER YEAR	\$	
		Divide by 52	\$	A (next page)
<b>OUTGOING</b>	<i>Amounts per year!</i>	<i>Due/Renew</i>	<i>Amount</i>	
Insurance	House		\$	
	Health		\$	
	Car		\$	
			\$	
Bills	Electricity		\$	
	Rates		\$	
	Water		\$	
	School/Daycare		\$	
	School Uniforms/Shoes		\$	
	Repayments/Rent		\$	
			\$	
Transport	Car fuel		\$	
	Public Transport		\$	
			\$	
		TOTAL:	\$	
		Divide by 52	\$	
		Need to save per week	\$	B (next page)

PLANNING		A amount	\$	
	Subtract	- B amount	\$	
			\$	The extra you can afford to spend per week.
		Groceries:	\$	
		Holiday Saving:	\$	
		Emergency Saving:	\$	
		TOTAL	\$	The extra you can spend on yourselves

When you get all your amounts in check – do this every year at tax time to make sure it is all updated.

Set up additional ‘free’ bank accounts (ask about charges)

- ✓ Normal account where you get paid into – then direct debit every week into...
  - Bills account
  - Holiday account
  - Savings Account