



Dolly Marlowe's Guide for the "Perfect" Vintage Housewife

6:30 AM weekdays, 8 AM Weekends

- * Throw back the covers (today is a beautiful day)!
 - * Open the blinds to let in the sun.
 - * Stretch (do 5-15 minutes of yoga) and drink a glass of water.
 - * Freshen up.
 - * Feed the pets.
 - * Make and serve breakfast and coffee.
 - * Clean up after breakfast.
 - * Get dressed.
 - * Take the child(ren) to school.
 - * Run any errands and do any necessary shopping.
 - * Every other day, do 30min to 1 hr. exercise program.
 - * Gather a basket for tidying, as you go from one room to the next, place anything that doesn't belong in the basket. Put things away as you go.
 - * Make the beds.
 - * Tidy bedrooms, including a light dusting. Hang up any clean clothes and put dirty items in the hamper.
 - * Do a quick tidy of the bathrooms. Wipe counters and toilets. Refill soaps and toilet paper as needed.
 - * Vacuum up-stairs.
- ~Lunch Break~

- * Tidy up the living room. Fluff pillows and do a light dusting of surfaces. Pick up any clutter and put it away as you move from room to room.
- * Water House Plants as needed.
- * Review the day's menu. Make note of anything that needs to be prepared ahead of time or any marketing that needs to be done.
- * Begin any long in advance dinner preparations, baking, or making dessert.
- * Wash dishes.
- * Wipe down work surfaces and appliances.
- * Empty rubbish and recycling bins as needed.
- * Handle Weekly Chores:
 - Mon-** Vacuum, sweep, and mop floors
 - Tues-** Deep clean bathrooms. Do laundry
 - Weds-** Tidy front porch and Garden. Wipe walls, light switches, and doorknobs.
 - Thurs-** Wash Bedding. Complete a home improvement project.
 - Fri-** Back garden maintenance, pull weeds, sweep paths, and tend to vegetables.
 - Sat-** Laundry
 - Sunday- NO CHORES!
- * Pick up child(ren) from school.
- * Set the table for dinner.
- * Arrange the living room for evening enjoyment.
- * Do a quick de-clutter of entryway.
- * Freshen up before the Mr. returns from work.
- * Prepare dinner.
- * Prepare drinks or cocktails.
- * Greet the Mr. cheerfully with a kiss.
- * Feed the pets.
- * Serve dinner.
- * Clear the table and wash the dishes.
- * Serve dessert.
- * Prepare and pack lunches.
- * Enjoy and evening of relaxation.