

**the GOTTA GET CAUGHT UP to do list**

House 50 mins	1	
	2	
	3	
	4	
	5	

10 minute break - drink water!

Office 50 mins	1	
	2	
	3	
	4	
	5	

10 minute break - drink water! Be careful on these phone calls!

Calls	1	
	2	

10 minute break - drink water!

Other 50 mins	1	
	2	
	3	
	4	
	5	



**TAKE A 30 MINUTE BREAK AFTER COMPLETING ABOVE!**

House 50 mins	1	
	2	
	3	
	4	
	5	

10 minute break - drink water!

Office 50 mins	1	
	2	
	3	
	4	
	5	

10 minute break - drink water! Be careful on these phone calls!

Calls	1	
	2	

10 minute break - drink water!

Other 50 mins	1	
	2	
	3	
	4	
	5	

