## The Refresh Challenge

| Sunday                        | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                        | Saturday                      |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
|                               |                               |                               |                               | Sink 1 Laundry Routine Meals  | Sink 2 Laundry Routine Meals  | Sink 3 Laundry Routine Meals  |
| Sink taundry Routine Meals    | Sink Laundry Routine Meals    | Sink Laundry Routine Meals    | Sink Laundry Routine Meals    | Sink  taundry  Routine  Meals | Sink Laundry Routine Meals    | Sink 10 Laundry Routine Meals |
| Sink  Laundry  Routine  Meals | Sink 12 Laundry Routine Meals | Sink 13 Laundry Routine Meals | Sink 14 Laundry Routine Meals | Sink 15 Laundry Routine Meals | Sink 16 Laundry Routine Meals | Sink 17 Laundry Routine Meals |
| Sink 18 Laundry Routine Meals | Sink 19 Laundry Routine Meals | Sink 20 Laundry Routine Meals | Sink 21 Laundry Routine Meals | Sink 22 Laundry Routine Meals | Sink 23 Laundry Routine Meals | Sink 24 Laundry Routine Meals |
| Sink 25 Laundry Routine Meals | Sink Laundry Routine Meals    | Sink 27 Laundry Routine Meals | Sink 28 Laundry Routine Meals | Sink 29 Laundry Routine Meals | Sink 30 Laundry Routine Meals | Sink 31 Laundry Routine Meals |

October 2015 Refresh Challenge from 1 Heart Planners