| sunday | Monday | Tuesday | Wedresday | Thursday | Friday | saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Sink 1 Laundivy Rouline Meals | Sink 2 Lawndiy Rouline Meals | $\operatorname{sink} 3$ saundoy Rouline Meals |
| Sink launduy Rouline Meals | Sink 5 laundiy Rouline Meals | Sink $\square$ laundoy Rouline Meals | Sink $\qquad$ laundiy Rouline Meals | Sink $\square$ launduy Rouline Meals | $\sin k 9$ saundiy Rouline Meals | Sink <br> 10 <br> launduy <br> Rouline <br> Meals |
| Sink <br> 11 launduy Rouline Meals | Sink 12 laundoy Rouline Meals | sink 13 launduy Rouline Meals | $\operatorname{sink} 14$ <br> saunduy <br> Rouline <br> Meals | $\sin$ laundiy Rouline Meals | $\operatorname{sink}{ }^{16}$ laundiy <br> Rouline Meals | Sink <br> saunduy <br> Rouline <br> Meals |
| Sink 18 laundiy Rouline Meals | Sink 19 laundiy Rouline Meals | Sink 20 laundoy Rouline Meals | Sink 21 launduy Rouline Meals | Rouline Meals | Sink 23 laundiy Rouline Meals | $\operatorname{sink} 24$ <br> laundiy <br> Rouline <br> Meals |
| Sink $\square$ laundiy Rouline Meals | Sink 26 laundiy Rouline Meals | Sink <br> launduy <br> Rouline <br> Meals | Rouline Meals | $\begin{aligned} & \text { Sink } 29 \\ & \text { Laundiy } \\ & \text { Rouline } \\ & \text { Meals } \end{aligned}$ | $\operatorname{sink} 30$ laundiy <br> Rouline Meals | Sink 31 laundiy Rouline Meals |

October 2015 Refresh Challenge from I Heart Planners

