Home Care Monthly Review

Reflect on what worked and plan a more manageable month ahead.

MONTH / YEAR _____ **REVIEW DATE** _____

WHAT WORKED WELL

Which routines felt easy to maintain?

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WHAT NEEDS TO CHANGE

Which tasks were difficult to fit in, and why?

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NEXT MONTH: THREE REALISTIC IMPROVEMENTS

Choose small changes rather than adding more chores.

- [ ] **1.** _____
- [ ] **2.** _____
- [ ] **3.** _____

ONE THING TO REMEMBER

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