

JANUARY 2025

| | <i>sun</i> | <i>mon</i> | <i>tues</i> | <i>wed</i> | <i>thu</i> | <i>fri</i> | <i>sat</i> |
|----------------------------------------------|------------|------------------------------------------|---------------------------------------|----------------------------------------|-----------------------------------|---------------------------------------|---------------------|
| | | | | 1 | 2 | 3 | 4 |
| Week One <i>Prep Week</i> | | | | _____ | _____ | _____ | _____ |
| | | 6 | 7 | 8 | 9 | Flash Sale | 10 11 |
| Week Two <i>Pantry</i> | | <input type="checkbox"/> Snacks + Sweets | <input type="checkbox"/> Breakfast | <input type="checkbox"/> Baking | <input type="checkbox"/> Dinner | <input type="checkbox"/> Canned Goods | <i>Catch Up Day</i> |
| | | 13 | 14 | 15 | 16 | Flash Sale | 17 18 |
| Week Three <i>Kitchen</i> | | <input type="checkbox"/> Tabletop | <input type="checkbox"/> Food Storage | <input type="checkbox"/> Cooking Tools | <input type="checkbox"/> Cookware | <input type="checkbox"/> Spices | <i>Catch Up Day</i> |
| | | 20 | 21 | 22 | 23 | Flash Sale | 24 25 |
| Week Four <i>Bathroom/ Laundry</i> | | <input type="checkbox"/> Towels | <input type="checkbox"/> Medicine | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Cleaner | <input type="checkbox"/> Utility | <i>Catch Up Day</i> |
| | | 27 | 28 | 29 | 30 | Flash Sale | 31 1 |
| Week Five <i>Closet</i> | | <input type="checkbox"/> Intimates | <input type="checkbox"/> Shoes | <input type="checkbox"/> Accessories | <input type="checkbox"/> Hanging | <input type="checkbox"/> Folded | <i>Catch Up Day</i> |

NEAT Tips

Print and cross off projects as you complete them. Celebrate challenge wins with weekly 24-hour flash sales.

Every Friday, get 50% off one essential NEAT product that complements the week's focus.

WEEK 2: PANTRY

| <i>sun</i> | <i>mon</i> | <i>tues</i> | <i>wed</i> | <i>thur</i> | <i>fri</i> | <i>sat</i> |
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| <p>Project Prep</p> <p>1. Read the newsletter for this week's focus</p> <p>2. Fill out your worksheet</p> <p>3. Spend 20 minutes on self-care to set your mind at ease for the week</p> | <p>Category Snacks & Sweets</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Breakfast</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Baking</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Dinner</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Canned Goods</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Catch Up Day</p> |

WEEK 3: *KITCHEN*

| <i>sun</i> | <i>mon</i> | <i>tues</i> | <i>wed</i> | <i>thur</i> | <i>fri</i> | <i>sat</i> |
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| <p>Project Prep</p> <p>1. Read the newsletter for this week's focus</p> <p>2. Fill out your worksheet</p> <p>3. Spend 20 minutes on self-care to set your mind at ease for the week</p> | <p>Category Tabletop</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Food Storage</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Cooking Tools</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Cookware</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Spices</p> <p>Start Time _____</p> <p>Sort Edit Map Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p style="text-align: center;">Catch Up Day</p> |

WEEK 4: BATHROOM/LAUNDRY

| <i>sun</i> | <i>mon</i> | <i>tues</i> | <i>wed</i> | <i>thur</i> | <i>fri</i> | <i>sat</i> |
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| <p>Project Prep</p> <p>1. Read the newsletter for this week's focus</p> <p>2. Fill out your worksheet</p> <p>3. Spend 20 minutes on self-care to set your mind at ease for the week</p> | <p>Category Towels</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Medicine</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Toiletries</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Cleaner</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort</p> <p><input type="checkbox"/> Edit</p> <p><input type="checkbox"/> Map</p> <p><input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Category Utility</p> <p>Start Time _____</p> <p>Sort</p> <p>Edit</p> <p>Map</p> <p>Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Catch Up Day</p> |

WEEK 5: CLOSET

| <i>sun</i> | <i>mon</i> | <i>tues</i> | <i>wed</i> | <i>thur</i> | <i>fri</i> | <i>sat</i> |
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| <p>Project Prep</p> <p>1. Read the newsletter for this week's focus</p> <p>2. Fill out your worksheet</p> <p>3. Spend 20 minutes on self-care to set your mind at ease for the week</p> | <p>Category Intimates</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Shoes</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Accessories</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Hanging</p> <p>Start Time _____</p> <p><input type="checkbox"/> Sort <input type="checkbox"/> Edit <input type="checkbox"/> Map <input type="checkbox"/> Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p>Category Folded</p> <p>Start Time _____</p> <p>Sort Edit Map Contain</p> <p>Short on time? See our weekly newsletter for <i>10 Minute Fix</i> ideas</p> <p>_____ _____ _____</p> | <p style="text-align: center;">Catch Up Day</p> |