

THE
Family
PLAYBOOK

🍪 HOME EDITION 🍪

C'N'C



Organized Chaos

JANUARY 2021

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOTES



Spring Cleaning Checklist

Kitchen

DECLUTTER CABINETS AND DRAWERS

DEFROST FREEZER

CLEAN OUT FRIDGE AND FREEZER

CLEAN OVEN

TAKE EVERYTHING OUT OF MEDICINE CABINET AND CLEAN

WIPE DOWN CABINETS AND CHECK TOP FOR DUST

WIPE DOWN SMALL APPLIANCES

RUN DISHWASHER EMPTY, TRY ADDING BAKING SODA

911: Quick Guide



Mom

NAME
WORK PHONE
CELL
EMAIL

Dad

NAME
WORK PHONE
CELL
EMAIL

Health Insurance

COMPANY
POLICY #
GROUP #
CLAIM PHONE #

Doctor

PRACTICE NAME
PHYSICIAN NAME
ADDRESS
PHONE
FAX
EMAIL
WEBSITE
HOURS OF OPERATION |

Hospital

HOSPITAL
ADDRESS
PHONE

Urgent Care

FACILITY
ADDRESS
PHONE

Pharmacy

PHARMACY
ADDRESS
PHONE
FAX
EMAIL
WEBSITE
HOURS OF OPERATION

Veterinarian

PRACTICE
VET NAME
ADDRESS
PHONE
FAX
EMAIL
WEBSITE
HOURS OF OPERATION



Important Phone Numbers

EMERGENCY DIAL 9-1-1

Police

Fire

Poison Control

Electrician

COMPANY NAME

NAME OF TECHNICIAN

PHONE

ADDRESS

Handyman

COMPANY NAME

NAME OF TECHNICIAN

PHONE

ADDRESS

Pool Service

COMPANY NAME

NAME OF TECHNICIAN

PHONE

ADDRESS

Plumber

COMPANY NAME

NAME OF TECHNICIAN

PHONE

ADDRESS

A/C Repair

COMPANY NAME

NAME OF TECHNICIAN

PHONE

ADDRESS

Water Company

COMPANY NAME

NAME OF TECHNICIAN

PHONE

ADDRESS