

# Daily Schedule

**7:00** - Up | work out | walk | get ready | plan day | quiet time |

**8:15** - Eat breakfast | kids play | diffuser on | take vitamins | music on

**830** - Day begins | homeschool | craft | paint | get outside | read together |

**10:00** - Snack time | put in load of laundry

**10-12** - play date | out of house | errands

**12:00** - Lunch time | clean up (kids help)

**1::00** - nap | quiet time

**1 - 3** - clean (30 min) | work on emails | blog | free time | watch Netflix and eat ice cream

**3:00** - snack

**3-4:30** - read | play with kids | go for a walk | park | meet a friend

**4:30** - Start dinner | kids free play | TV time

**5:30** - Dinner time

**6:30** - Bath time | read books

**7:00** - BEDTIME!

**7-8** - tidy up from the day | fold laundry | run dishes |

**8:00** - Mama free time!