

Working Mom

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	DROPPING OFF KIDS					Shopping Grocery	CHURCH
8:00 AM	DROPPING OFF KIDS						
8:30 AM	DROPPING OFF KIDS						
9:00 AM	DROPPING OFF KIDS						
9:30 AM	DROPPING OFF KIDS						
10:00 AM	ONLINE STUDY	PART TIME WORK	ONLINE STUDY	PART TIME WORK	Help Aging Parent		
10:30 AM	ONLINE STUDY	PART TIME WORK	ONLINE STUDY	PART TIME WORK	Help Aging Parent		
11:00 AM	ONLINE STUDY	PART TIME WORK	ONLINE STUDY	PART TIME WORK	Help Aging Parent		
11:30 AM	ONLINE STUDY	PART TIME WORK	ONLINE STUDY	PART TIME WORK	Help Aging Parent		
12:00 PM	ONLINE STUDY	PART TIME WORK	ONLINE STUDY	PART TIME WORK	Help Aging Parent		
12:30 PM	ONLINE STUDY	PART TIME WORK	ONLINE STUDY	PART TIME WORK	Help Aging Parent		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	PICKING UP KIDS						Meal Plan + Prep
4:00 PM	PICKING UP KIDS						
4:30 PM	PICKING UP KIDS						
5:00 PM	PICKING UP KIDS						
5:30 PM						Night Out	
6:00 PM							
6:30 PM	Kids Swim	Help Aging Parent	PART TIME WORK	Kid's Swim			
7:00 PM	Kids Swim	Help Aging Parent	PART TIME WORK	Kid's Swim			
7:30 PM	Kids Swim	Help Aging Parent	PART TIME WORK	Kid's Swim			
8:00 PM	Kids Swim	Help Aging Parent	PART TIME WORK	Kid's Swim			
8:30 PM							
9:00 PM	LAUNDRY			LAUNDRY			
9:30 PM	LAUNDRY			LAUNDRY			
10:00 PM							
10:30 PM							
11:00 PM							

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM							
7:30 AM			Goodlife YOGA				
8:00 AM	Spanish					MARKET DAY	Laundry
8:30 AM	Homework					MARKET DAY	Laundry
9:00 AM	Spanish		BLOG			MARKET DAY	Laundry
9:30 AM	Homework		CREATION			MARKET DAY	Laundry
10:00 AM	Spanish Lesson	Client Work		Client Work		BREAKFAST	MEAL PLAN
10:30 AM	Spanish Lesson	Client Work		Client Work		BREAKFAST	MEAL PLAN
11:00 AM	Spanish Lesson	Client Work		Client Work		BREAKFAST	MEAL PLAN
11:30 AM	Spanish Lesson	Client Work		Client Work		COOKING	
12:00 PM		OR		OR		SESSION	
12:30 PM		OR		OR		SESSION	
1:00 PM							
1:30 PM		Online Work		Online Work			
2:00 PM		Online Work		Online Work			
2:30 PM		Online Work		Online Work			
3:00 PM		Online Work		Online Work			
3:30 PM		Online Work		Online Work			
4:00 PM		Online Work		Online Work			
4:30 PM		Online Work		Online Work			
5:00 PM	NERV YOGA						
5:30 PM	Meditation						
6:00 PM	Meditation						Sunday Squash
6:30 PM	Meditation						Sunday Squash
7:00 PM				BODY PUMP			
7:30 PM				7:30-8:30			
8:00 PM				YOGA	GUITAR PRACTICE		WORK MEETING
8:30 PM		GUITAR PRACTICE	GUITAR PRACTICE	7:30-8:30	GUITAR PRACTICE		WORK MEETING
9:00 PM		GUITAR PRACTICE	GUITAR PRACTICE	YOGA	GUITAR PRACTICE		WORK MEETING
9:30 PM							
10:00 PM	NIGHT TIME		NIGHT TIME				
10:30 PM	NIGHT TIME		NIGHT TIME				
11:00 PM	NIGHT TIME		NIGHT TIME				

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	MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	SATURDAY 12	SUNDAY 13
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM					Get up		
8:00 AM	Get up / shower	Get up / smoothie			work mother	get up	
8:30 AM	Journal / breakfast	Breakfast / News	Get up / breakfast		KWPO Academy	breakfast	get up
9:00 AM	Meditation / Andrew	hweether	↓	Get up		game	dishes / breakfast
9:30 AM	↓	SmartForm Presentation	Email / linktr.ee	walk		↓	concession
10:00 AM	↓	How to de clutter	Acurus wordpress	breakfast out		Organize Eva's room	↓ relax
10:30 AM	↓	↓	grocery Shopping	checkboxboard			Squash get together meals
11:00 AM	BREAK	SmartForm talk	Break	library			get white board ready KWPO
11:30 AM	EMAILS / FB bump post	work-life Balance	Skillshare Recipe	↓	Work / Lunch	time with Sam	walk / gym / podcast
12:00 PM	EMAILS	↓	course upload		↓	↓	squash
12:30 PM	Break / Lunch	Lunch / dishes	Lunch	Mare Kondo Show	Meditation	work	
1:00 PM	terms / conditions page	Lucas visit	KWPO Academy	ep 2-5	KWPO Academy	KWPO Academy	↓
1:30 PM	↓	↓	Call / Invoice Chris		↓	work	visit Kelly and Adam
2:00 PM	Meditation	Personal time	Meditation		test breast pump	Bullet Journal course	↓ lunch
3:00 PM	Concession @e gene	↓	KWPO Academy		Angela visit		
3:30 PM	EMAIL	SmartForm talk with Sam		Midwife Lofte			
4:00 PM	SOCIAL MEDIA	↓ Phone Calls	Scanning cartoons software install	↓			
4:30 PM	Break / Social Media	↓	↓	Mare Kondo Show	walk / podcast	Grocery Shopping	
5:00 PM	Social Media	Walk / Podcast		ep 6-8	gym squash		
5:30 PM	download 341 me videos	↓	Squash / walk				
6:00 PM	Walk - Post office	dinner	podcast				
6:30 PM	↓ Library	board games		dinner / dishes		Finish movie	time with Sam
7:00 PM	Dinner / dishes	Brandon		↓		Lunching	dishes
7:30 PM	↓			concession game	dinner	KWPO academy	↓
8:00 PM	Relax / Movie		dinner / relax	↓	movie		dinner out
8:30 PM				Email			"the works"
9:00 PM				KWPO Academy		relax, chat sam	↓
9:30 PM						↓	read
10:00 PM						Sleep	
10:30 PM		Sleep					Sleep
11:00 PM	Sleep		Sleep	Sleep	Sleep		Sleep