

Daily Routine

C H E C K L I S T

6:00–7:00 AM	Wake up, pray/meditate, light exercise, start laundry, enjoy coffee
7:00–8:00 AM	Make breakfast, get kids dressed, quick kitchen cleanup
8:00–10:00 AM	School drop-off, play with younger kids, run errands or grocery shopping
10:00–11:30 AM	Educational play, crafts, fold laundry, prep lunch
11:30 AM–12:00PM	Eat lunch together, clean up kitchen
12:30 – 2:30 PM	Kids nap or quiet play; you rest, read, or work on a personal task
2:30–4:00 PM	Outdoor play, park visit, crafts, switch laundry
4:00–5:30 PM	Help kids with homework, prepare dinner, set table
5:30–7:00 PM	Family dinner, clean up, games or TV together
7:00–8:00 PM	Bath, pajamas, bedtime stories, tidy toys
8:00–10:00 PM	Relax, plan next day, watch a show, sleep by 10 PM



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