

# SAHM Daily Planner

Date: .....

## SAHM Schedule

6:00 – 7:00 AM	Wake up, "me time", prep breakfast or laundry
7:00 – 8:00 AM	Kids wake up, breakfast, get ready
8:00 – 9:00 AM	Kitchen clean-up, light household chores
9:00 – 11:00 AM	Kid play / activities / educational time / errands
11:00 – 12:00 PM	Lunch prep & serve lunch
12:00 – 1:30 PM	Nap / quiet time / personal time
1:30 – 3:00 PM	Outdoor time, chores, errands, prep for dinner
3:00 – 5:00 PM	Free play, homework, personal projects, chores
5:00 – 6:00 PM	Dinner prep
6:00 – 7:00 PM	Dinner & family time
7:00 – 8:00 PM	Clean-up, wind-down
8:00 – 9:00 PM	Kids' bedtime routine (bath, stories, sleep)
9:00 – 10:00 PM	Mom's personal time & planning for next day

## WSAHM Schedule

7:00 – 7:30 AM	Me time, prayer, stretching, prepping for the day
7:30 – 8:00 AM	Kids wake up, breakfast, get ready
8:00 – 9:00 AM	Quick housework (tidy up kitchen, laundry, dishes)
9:00 – 11:00 AM	Work Block 1 (focused work time, emails, tasks, meetings)
11:00 – 12:00 PM	Lunch break with the kids or quick break from work
12:00 – 1:30 PM	Work Block 2 (continue work or client calls, project tasks)
1:30 – 3:00 PM	Kids' free play or homework, prep for dinner
3:00 – 5:00 PM	Work Block 3 (wrap up work tasks, prepare for tomorrow)
5:00 – 6:00 PM	Dinner prep & family time
6:00 – 7:00 PM	Family dinner & conversation
7:00 – 8:00 PM	Clean-up, wind-down
8:00 – 9:00 PM	Kids' bedtime routine (bath, stories, sleep)
9:00 – 10:00 PM	Mom's personal time & planning for next day

## Weekly Menu Schedule

Sunday	Plan Meals & Weekly Schedule
Monday	Bathroom Deep Clean + Laundry
Tuesday	Errands & Grocery Shopping
Wednesday	Kitchen Deep Clean + Meal Prep
Thursday	Dust, Vacuum, Mop Floor
Friday	Catch-up Day + Family Fun
Saturday	Family Day or House Projects