



# Let's Make Today Better

## MORNING ROUTINE FOR SAHM

5:30 - 6:00 AM

Blank space for notes or tasks during the 5:30 - 6:00 AM time slot.

6:00 - 6:30 AM

Blank space for notes or tasks during the 6:00 - 6:30 AM time slot.

6:30 - 7:00 AM

Blank space for notes or tasks during the 6:30 - 7:00 AM time slot.

7:00 - 7:30 AM

Blank space for notes or tasks during the 7:00 - 7:30 AM time slot.

MOM CHIPPER

7:30 - 8:00 AM

Blank space for notes or tasks during the 7:30 - 8:00 AM time slot.

8:00 - 9:00 AM

Blank space for notes or tasks during the 8:00 - 9:00 AM time slot.