

# morning routine

---

- Make bed, open blinds
- Quick shower and dress
- Unload dishwasher
- Put away air dry items
- Read paper & eat breakfast with kids
- Get Kids to school (walk dog)
- Physical Therapy/workout
- Look over calendar and to do list
- Work on to-do list

# evening routine

---

- Pick up clean up
- Clear kitchen
- Prep dishwasher
- Prepare coffee pot
- Prep water cups
- Prep breakfast dishes
- Prep school lunches
  
- Review weekly calendar
- Review to do list
- Prep for bed, relax!

# afternoon/evening routine

---

## 3:15 - 4:00 pm

- Pick up Kids from school
- Oversee hw (sign planner)
- Oversee chores

## 4:00 – 6:30

- kids play time/sports
- make dinner

7:00 No games/video/tv after 7pm

## 7:00 Dinner

- finish homework
- bath time
- story & bed time

## 8:00 – 8:20 pm

- Pick up clean up
- Clear kitchen
- Prep dishwasher
- Prep coffee pot
- Prep water cups
- Prep breakfast dishes
  
- Review weekly calendar
- Review to do list

Husband time!

# weekly routine

---

## Saturday | Sunday

- Family time!
- review chore list
- water plants
- clean out car
- laundry: clothes
- prep backpacks
- prep school lunches

## Monday

- pick up clean up 10 minutes [entire family]
- project time
- errands: dry-cleaning, mail, grocery shop

## Tuesday

- clear out fridge
- laundry room pickup
- laundry: linens [change sheets & towels]
- 
- 

## Wednesday [school early release]

- desk time: bills, calls, files, cards.
- 

## Thursday

- call mike- go over calendar
- meal planning
- evening: full family 10' pickup cleanup

## Friday

- jumpstart weekend items