

Daily Block Schedule

Block	Mommy Morning	Outing	Morning Activities	Nap	Afternoon	Wind Down	Sleep
Time	5:30 - 7:30	7:30 - 9:30	9:30 - 12:00	12:00 - 3:00	3:00 - 7:30	7:30 - 9:30	9:30 - 5:30am
Block Tasks	<p><u>5:30-5:45</u> Wash face, brush teeth, put in contacts, get dressed</p> <p><u>5:45-6:00</u> Lemon water, go over intentions for the day, gratitude</p> <p><u>6:00-6:35</u> Workout</p> <p><u>6:35-7:00</u> Shower, podcast, dry hair</p> <p><u>7:00-7:30</u> Prep breakfast, drink matcha Outside time</p>	<p>Get boys up, dressed</p> <p>Breakfast</p> <p>Clean up, brush teeth, supplements</p> <p>Mommy makeup, fix hair, get dressed</p> <p>Run errands and/or go for a long walk outside/go to park</p>	<p>Snack</p> <p>Play upstairs, planned activity</p> <p>Lunch</p> <p>Clean up</p> <p>Nap</p>	<p>Speed clean/home reset</p> <p>work/mommy time/clean home/ budget check</p> <p><u>2:30-3:00</u> Dinner prep and snack prep</p>	<p>Get boys up, diaper change</p> <p>Snack, clean up</p> <p>Unscheduled play time (indoor or out)</p> <p>Baths</p> <p><u>5:00</u> Dinner prep</p> <p>Dinner</p> <p>Clean up</p> <p>Books and play</p> <p>Bedtime</p>	<p>Clean up and prep for the morning</p> <p>Lemon water, magnesium</p> <p>Plan out next day</p> <p><u>8:00-9:30</u> Learn, read, hubby time</p> <p><u>9:30</u> BED</p>	