

Sample SAHM Schedule

- ♥ Before Kids Wake Up (5a-6:30a)
- ♥ Morning Routine (6:30a-9a)
- ♥ Outing (9a-Noon)
- ♥ Lunch (Noon-12:30p)
- ♥ Naptime/Quiet Time (12:30p-3p)
- ♥ Afternoon (3p-5p)
- ♥ Dinner (5p-6p)
- ♥ Kid's Bedtime Routine (6p-7:30p)
- ♥ Evening Routine (7:30p-9p)
- ♥ Bedtime (9p)