



my agenda is your happiness

DAILY SCHEDULE TEMPLATE FOR A
PRODUCTIVE + GUILT-FREE
WORK-AT-HOME MOMPREENEUR

7 - 8:30 am	Wake-up. Review the day's calendar. Take care of family and get them out the door.
8:30 - 9:00 am	Exercise
9:00 - 9:30 am	Shower, get dressed.
9:30 - 12:30 pm	Work (No e-mail)
12:30 - 1:30 pm	Lunch
1:30 - 3:45	Work
3:45 - 7:30 pm	Mama Time (After school activities, playdates, dinner, bath, bedtime)
7:30 - 8:30 pm	Dinner with the hubs + nightly news
8:30 - 10 pm	Respond to e-mails, plan next day, close up shop!