

Daily Rhythm

Morning

Wake & Dishes
Eat Breakfast & Devotion
Take a walk & Workout

Daily
Task

Nap #1

Laundry
Daily task
Blog work/Dinner prep

Meals

Afternoon

1 hour outside
Eat Lunch & Read Bible
Tidy
Outside time (Swim lessons)

Misc.

Nap #2

Dinner prep
Laundry/Finish daily task
Blog work/Read
Begin dinner by 4 pm