

# The WAHM Schedule

Make the most of your day!

## Mornings:

Workout

Make Breakfast

Chores/Cleaning

Playtime

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## Naptime:

Make Lunch

Work!

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## Afternoons:

Errands

Projects

Fun Activities

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## Evenings:

Cook Dinner

Clean-up Dinner

Bathe/Get Kids Ready  
for Bed

Put Kids to Bed

Pick up Toys

Relax! (Read/Watch  
TV/Spend time with  
Significant Other)

Shower

Bed!

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