

Weekly Morning Routine Checklist

Make tea/supplements/skin care- 5:20

Devotional/Gratitude/affirmations- 5:30- 5:45

Make Bed- 5:45-5:50

change into workout clothes 5:50-5:55

Get kids breakfast out- 5:55-6:00

Morning Workout- 6:00- 6:30

Kids up, eat breakfast, smoothie/pack bags 6:30-7:00

Kids get ready for school- 7:00-7:20

Get baby up, kids play, load car- 7:20-7:35

Big kids leave, coffee, Conrad snuggles 7:35-7:50

tidy up kitchen/load dishwasher 7:50-8:05

walk dogs- 8:05-8:30

Get ready for day, start load of laundry- 8:30-9:00

Conrad down for nap, start work day- 9:00

Intention for the week

Verse for the week

Teresa Forehand PAC