

MORNING ROUTINE Days:



| Task: | Notes: | |
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| My Morning Routine: | |
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| Goals: | Considerations: |
| My Evening Routine: Goals: | Considerations: |
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| | DAILY CHORES | * 5* |
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| | Task: | Specific Time: |
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| | | Mom Smart NOT HARD |

| | EVENING ROUTINE Days: | |
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| | Task: | Notes: |
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