

HMS Sample Routine

6:00am: Wake up and give myself 30 minutes of alone time before the day begins

6:30am: Morning routine for children
Wake up
Potty
Get dressed
Do hair

7:00-7:30am: Breakfast

7:30-8:00am: Pack up
Brush teeth
Shoes on

8:00-8:30am: Travel time and drop off
9:00am: Work and school day begin

3:00-6:00pm: Afternoon
Daycare/Afternoon Activities
Divide and Conquer Dinner Prep

6:00-7:00pm: Dinner as a family

7:00pm: Nighttime routine
Bath
Brush teeth
Read out loud

8:00pm: Bedtime for kids!

8:00-10:00pm: Adult time
Household chores
Meal prep
Time with significant other/self-care

