

# Moms daily Planner

**WAKE UP:**

**EATING HABITS:**

**CLEAR MY MIND**

**TOMORROWS TO DO'S**

**ME TIME**

**BED TIME**

# *Weekly Meal Plan*

**MONDAY**

**TUESDAY**

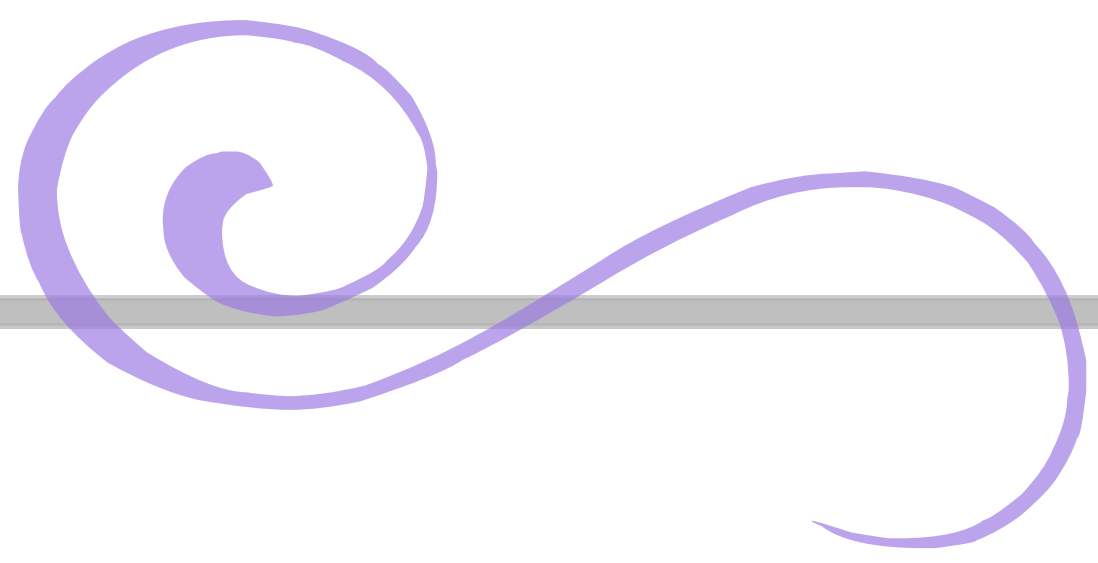
**WEDNESDAY**

**THURSDAY**

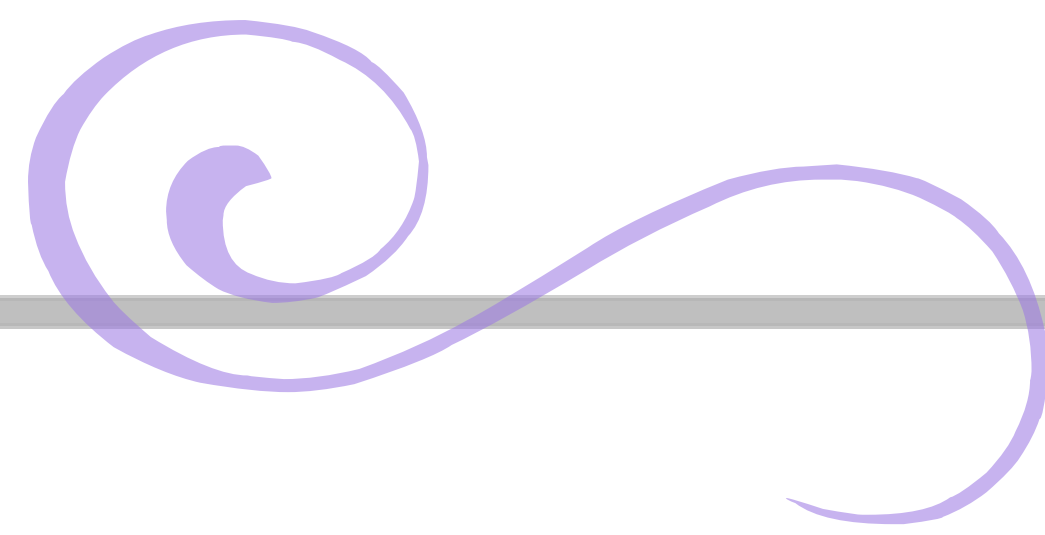
**FRIDAY**

**SATURDAY**

**SUNDAY**



# Moms daily To Do List



1

2

3

4

5

6

7

8

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