



# *Stay at Home Mom* **WORKOUT SCHEDULE**



8:15

Wake up and journal

9:00

Work on blog or Exercise for 15–30 minutes

11:00

Homeschool

12:00

Pick up and chores around the house

13:00

15–30 minutes of exercise (if I didn't do it in the morning.)

14:00

Run errands or tackle additional chores

15:30

Get ready for work

16:00

Head to work

18:30

Home and dinner time

19:30

Family time

21:30

Bedtime