

## *The mom planner*

I just want to take a moment to say thank you for giving me a moment out of your day to let me help you, i know mom life can be busy and chaotic.

I'm here to help moms like you to be able to better organize, manage PTSD, and focus on taking care of you.

Don't hesitate to reach out to me by email at :

[hello@adayatmoms.com](mailto:hello@adayatmoms.com) :)

*a day at moms*

# Daily planner

Daily thoughts

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appointments

To-Do

Things we need

what i'm grateful for

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# 4 week self care planner

monday

tuesday

wednesday

thursday

friday

week 1

week 2

week 3

week 4

*a day at moms*

# House cleaning checklist

*kitchen*

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*living room*

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*bathroom*

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*bedroom*

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# grocery list

## produce

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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## meat

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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## dairy

<input type="checkbox"/>
<input type="checkbox"/>
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<input type="checkbox"/>
<input type="checkbox"/>
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## dry goods

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
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<input type="checkbox"/>
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<input type="checkbox"/>
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