

PREP KIT

for mums



THE DAILY GURU

PREP KIT

Weekly Activity Schedule

MON

TUE

WED

THUR

FRI

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PREP KIT

Meal Planner

BREAKFAST

LUNCH

DINNER

SNACKS

SUNDAY | SATURDAY | FRIDAY | THURSDAY | WEDNESDAY | TUESDAY | MONDAY

PREP KIT

Week-at-a-glance

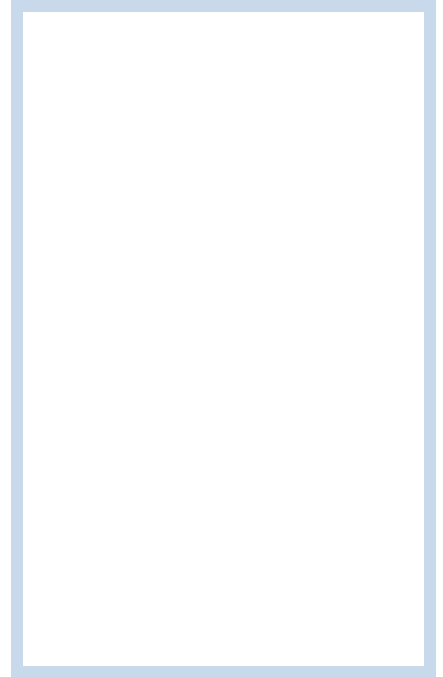
MONDAY



TUESDAY




WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



PREP KIT

Daily planner for Parents

DATE

M T W T F S S

TODAY I WILL FEEL

- HAPPY
- PRODUCTIVE
- RELAXED
- ENERGIZED
- CONFIDENT



DAILY GRATITUDE

REMINDERS

QOTD

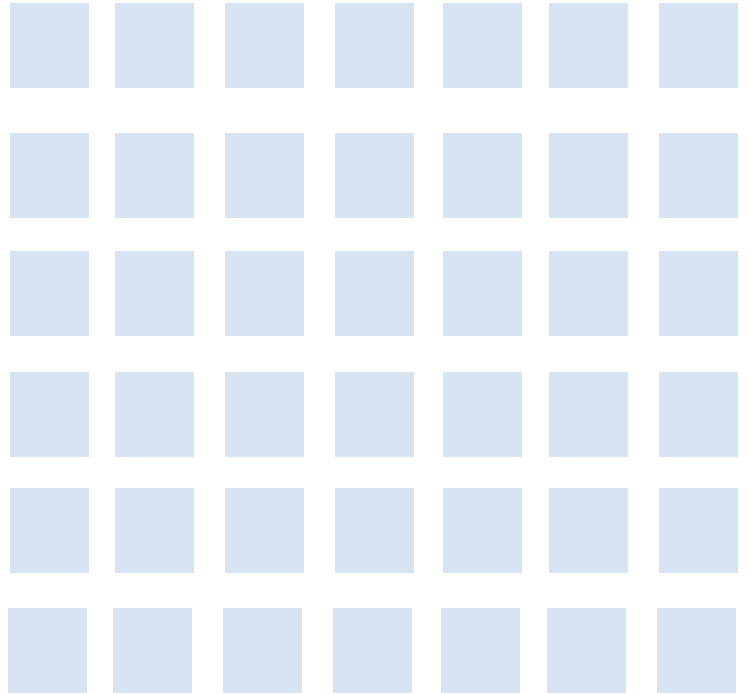
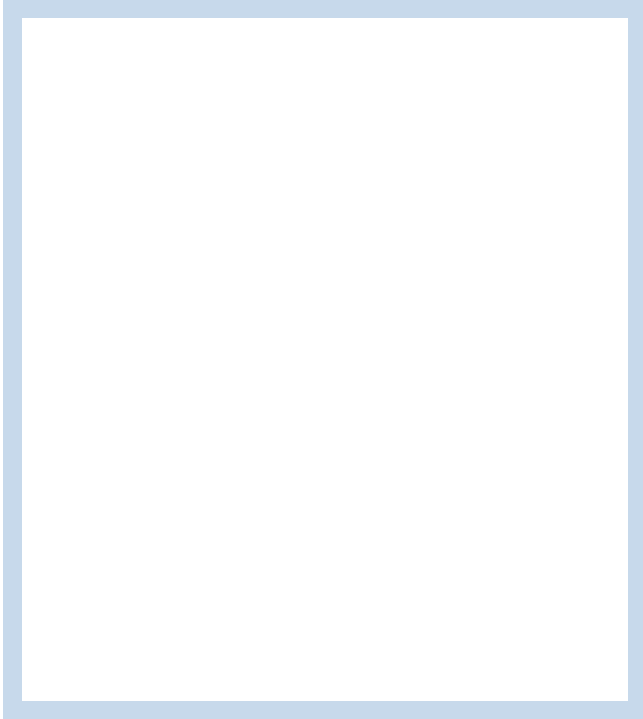
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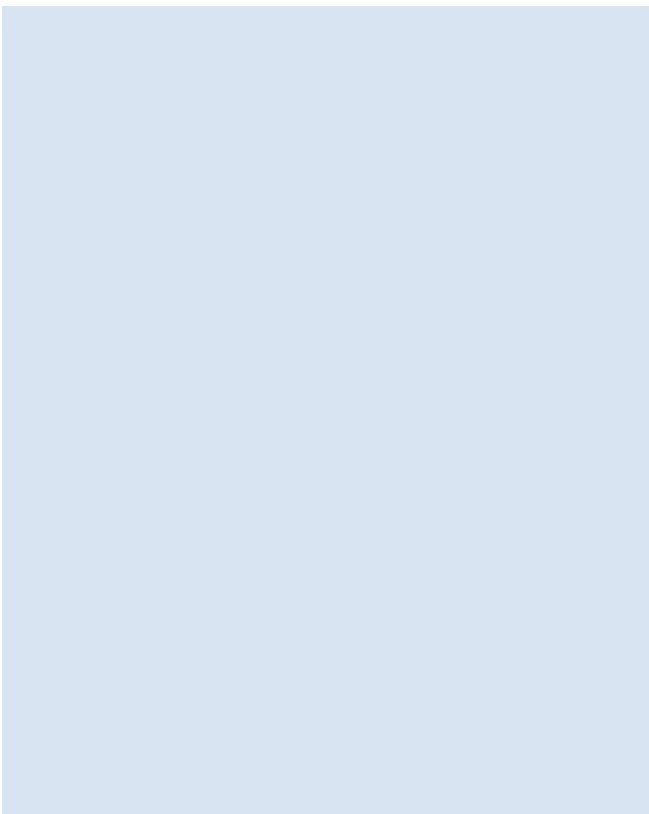
PREP KIT

Chore Chart

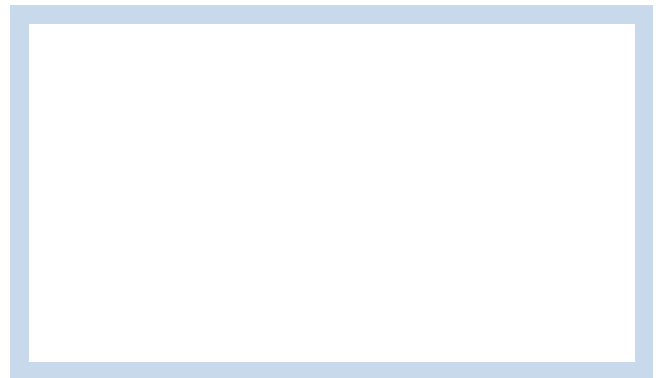
DAILY CHORES



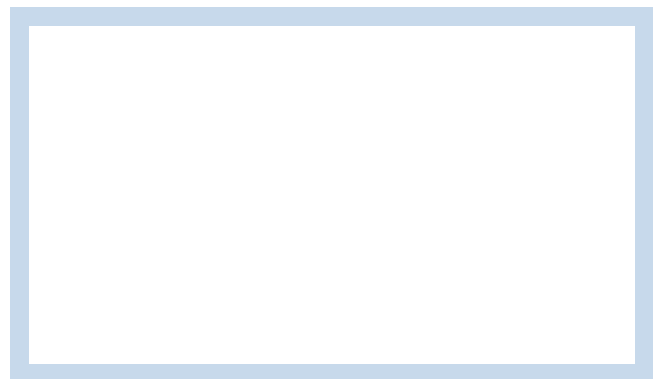
WEEKLY CHORES



BONUS CHORES



REWARD




PREP KIT



Contact List

FAMILY INFORMATION

SCHOOL

BABYSITTER


DOCTOR

DENTIST

