

I Can Do It All

Jean Marie Sample

Priorities

- Self Care
- Work
- Dog Mom
- Home Maintenance
- Socializing
- Working Out
- Eating Right
- Sleep

Tasks

Daily

- Instagram Posts
- Workout
- Eat / Meal Prep
- Full Nights Rest
- Dog Mom Dog Play-time
- Dog Mom Dog Walks
- Dog Mom Feed Time

Weekly

- Household tasks
- Social Media Management
- Blog & Pinterest
- Networking
- Production
- Design & Development
- Reset, Self Care & Plan the next week

Tasks

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

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|--------------------|---------------------------|--------------------|--------------------|--------------------|------------------------|-------------------------------------|
| ● DM Dog Walk | ● DM Dog Walk | ● DM Dog Walk | ● DM Dog Walk | ● DM Dog Walk | ● DM Dog Walk | ● DM Dog Walk |
| ● DM Feed Time | ● DM Feed Time | ● DM Feed Time | ● DM Feed Time | ● DM Feed Time | ● DM Feed Time | ● DM Feed Time |
| ● Instagram Posts | ● Instagram Posts | ● Instagram Posts | ● Instagram Posts | ● Instagram Posts | ● Instagram Posts | ● Instagram Posts |
| ● Workout | ● Workout | ● Workout | ● Workout | ● Workout | ● Workout | ● Workout |
| ● Eat / Meal Prep | ● Eat / Meal Prep | ● Eat / Meal Prep | ● Eat / Meal Prep | ● Eat / Meal Prep | ● Eat / Meal Prep | ● Eat / Meal Prep |
| ● DM Dog Playtime | ● DM Dog Playtime | ● DM Dog Playtime | ● DM Dog Playtime | ● DM Dog Playtime | ● DM Dog Playtime | ● DM Dog Playtime |
| ● Household Tasks | ● Social Media Management | ● Blog & Pinterest | ● Networking | ● Production | ● Design & Development | ● Reset, Self Care & Plan Next Week |
| ● Full nights Rest | ● Full nights Rest | ● Full nights Rest | ● Full nights Rest | ● Full nights Rest | ● Full nights Rest | ● Full nights Rest |

Jacky Moon 

Our Best Friends In Their Best Threads