



28-Day Working Mom Routine Reset

A simple 28-day plan
to calm your days and
boost your energy.

How This 28-Day Reset Works

- ▶ Follow one small task per day
- ▶ Focus on morning, evening & kid routine
- ▶ Keep days flexible
- ▶ Celebrate small wins

Table of Contents

Week - 1	03
Week - 2	04
<u>Week - 3</u>	05
Week - 4	06
28-Day Summary Checklist	07
Notes Page	08

Week 1 – Morning Reset

Day 1

**Wake 10
mins earlier**

Day 2

**1 glass
water first**

Day 3

**No-phone
first
15 mins**

Day 4

**Quick
stretch
routine**

Day 5

**Set 3
priorities**

Day 6

**Simple
breakfast**

Day 7

**Simple
breakfast**



Week 2: Evening Reset

Day 8

10-min tidy

Day 9

**Pack bags
early**

Day 10

**Choose
clothes**

Day 11

**Simple
dinner**

Day 12

**Switch-off
time**

Day 13

**Gratitude
note**

Day 14

**Early
sleep**

Week 3: Kids' Calm Routine

Day 15

**Quiet
activity bin**

Day 16

**Use reward
chart**

Day 17

**Calm-play 10
mins**

Day 18

**Toy
rotation**

Day 19

**Simple art
time**

Day 20

**Bedtime
checklist**

Day 21

**Sticker
reward**

Week 4: Mom Energy Reset

Day 22

**Drink 2L
water**

Day 23

**10-min
walk**

Day 24

**No sugar
day**

Day 25

**Take
breaks**

Day 26

**Reset
workspace**

Day 27

**Self-care
mini**

Day 28

**Early lights
out**



Your 28-Day Reset Checklist

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Notes

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

COPYRIGHT NOTICE

© 2025 BLOOMPARENTIFY. ALL RIGHTS
RESERVED.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, scanning, or otherwise — without prior written permission from the publisher, except in the case of brief quotations embodied in critical reviews.

For permissions: support@bloomparentify.com

DISCLAIMER

This digital product is for educational and informational purposes only. It is not intended as medical, psychological, legal, financial, or professional advice.

You are responsible for your own decisions, actions, and results.

Individual results may vary.

Always consult a qualified professional for personal guidance.

NON-TRANSFERABLE LICENSE

This product is licensed for individual use only.

Sharing, reselling, distributing, or reproducing is strictly prohibited.

TERMS OF USE

By accessing this digital product, you agree not to share, upload, publish, or distribute this content in any form. This product is protected under copyright law and is intended for personal use only.

Always follow your pediatrician's guidance.

