

The background of the entire image is a modern, minimalist workspace. At the top, there are three layers of wavy, paper-like shapes in shades of teal, light green, and light orange. Below these, the background is a light blue-grey wall. In the foreground, there is a long, thin wooden desk. On the left side of the desk, there is a stack of books in various colors (blue, orange, black, red). Next to the books is a small potted plant with long, thin green leaves in a light blue pot. In the center of the desk, there are some papers or a small notebook. To the right of the papers is another small potted plant with thick, green leaves in a white pot. A wooden chair with a white cushioned seat and backrest is positioned in front of the desk. To the left of the chair, there is a small, dark metal side table with a glass top and a small plant on it. To the right of the chair, there is a tall, thin potted plant with green leaves in a dark blue pot. The floor is a light grey color.

# **Pocket Planner for Working Moms**

**Always with you. Always  
simple.**

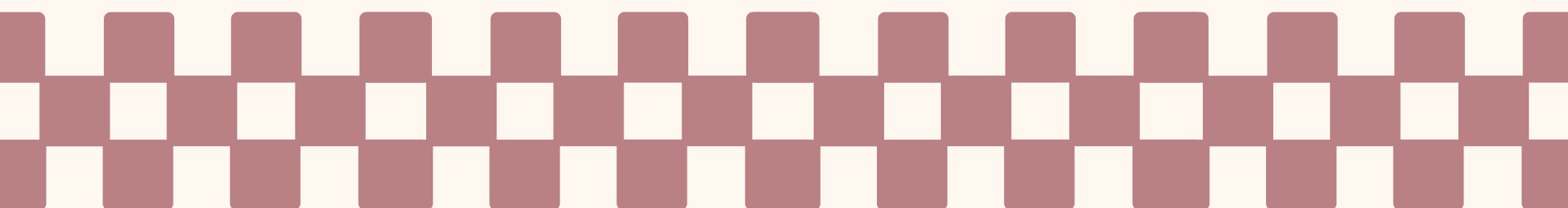




# TABLE Of Contents



3	Daily Planner
4	Weekly Planner
5	Meal Planner, Habit Tracker
6	Mood Tracker
7	Notes
8	Weekly Reflection
9	Affirmations
10	You did great this week!



# Daily Planner

## Today's Top 3

## To-Do

## Notes

# Weekly Planner

M O N D A Y	<div></div> <div></div>
T U E S D A Y	<div></div> <div></div>
W E D N E S D A Y	<div></div> <div></div>
T H U R S D A Y	<div></div> <div></div>
F R I D A Y	<div></div> <div></div>
S A T U R D A Y	<div></div> <div></div>
S U N D A Y	<div></div> <div></div>



# Meal Planner


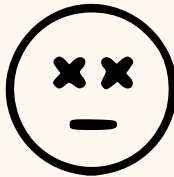





BREAKFAST	<div></div>
LUNCH	<div></div>
SNACKS	<div></div>
DINNER	<div></div>

# Habit Tracker

WATER							
STEPS							
SLEEP							
NO PHONE							
CALM PLAY							
COOK AT HOME							
SELF-CARE							



# Mood Tracker



☐☐☐☐☐☐☐

M O N D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
T U E S D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
W E D N E S D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
T H U R S D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
F R I D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
S A T U R D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
S U N D A Y	<div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>



[illegible]

# Weekly Reflection

What worked?

---

---

---

---

---

---

---

---

What didn't?

---

---

---

---

---

---

---

---

What to change next week?

---

---

---

---

---

---

---

---



# Affirmations

I can handle today.



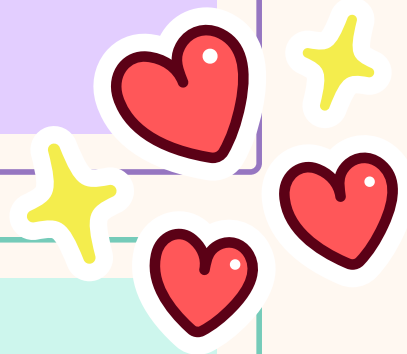
I am calm and capable.

I choose progress, not  
perfection.

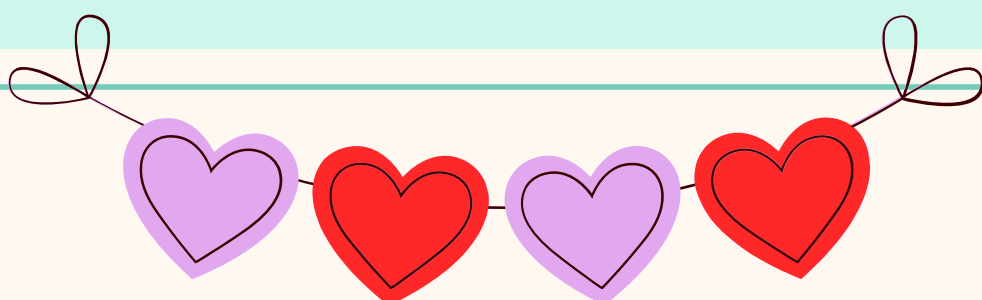


My energy matters.

I deserve peace.



Thank you for being you





**YOU DID GREAT  
THIS WEEK!**





# 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](mailto: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.*

