

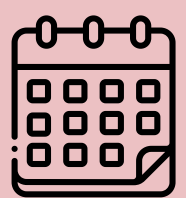


Digital Planner for Busy Mums

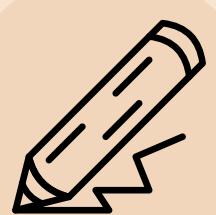
DESIGNED FOR THE CHAOS, CREATED FOR THE CALM



Content



WEEKLY & MONTHLY PLANNING



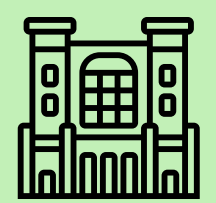
KIDS' SCHEDULES & EXTRAS



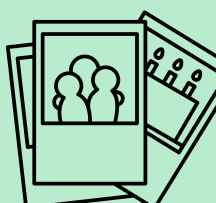
MEAL & HOME LIFE PLANNING



MUM LIFE SECTION



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Weekly & Monthly Planning

Because life doesn't slow down when you've got kids, a job, and a calendar full of school commitments. This section helps you keep all the moving parts in one place, without the overwhelm.





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Bonus tip: leave space for "just in case" days — because, well, life!!!

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This is your week-at-a-glance. The one you'll probably look at daily. Map out school drop-offs, after-school clubs, tutoring sessions, and your work shifts during school hours. You can also plug in appointments, errands, and anything that needs prep (like bringing a costume for the school play on Thursday).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

MUM'S WORK/TASKS

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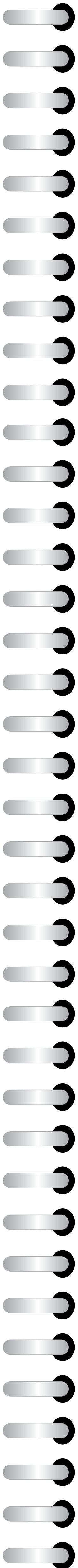
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Weekend Plans

Whether it's a birthday party marathon or a rare quiet Sunday, weekends come with their own chaos. This page helps you make the most of them, without the mental juggling. Plan out social events, errands, meals, family outings, and your own moments to breathe.

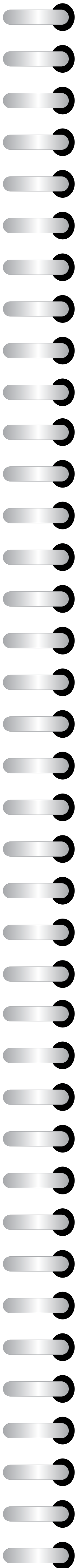
EVENT NAME	TIME	LOCATION

WHAT NEEDS TO BE PREPPED

FAMILY TIME IDEAS

MEAL PREP LIST

WHAT I NEED TO FEEL READY FOR NEXT WEEK



COLOUR-CODED
FAMILY SCHEDULE

WEEK 4

Assign each child (and yourself!) a colour so you can scan the page and instantly know who's got what, when. Use this visual system across your planner to make things clearer and easier to manage — especially when everything's happening at once.

NAME 4

NOTES & REMINDERS

END OF PLANNER



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LOG

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Kids Schedules & Extras

Keeping track of who needs what, where, and when can feel like managing a small logistics company. This section helps you organise each child's schedule without having to rely on memory alone (because let's face it, your brain is already full).





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Activity Tracker

Clubs, lessons, play rehearsals, tutoring; it all adds up. This tracker gives each child their own section, so you can jot down what's on when, what needs to be packed, and any reminders (like "don't forget the football boots again").

ACTIVITY NAME & DAY	START/END TIME	LOCATION	WHAT TO BRING	NOTES



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School Events Log

From sports day to open house, school life is packed with events that sneak up fast. Use this log to record what's coming up, what needs sorting (costumes, snacks, forms), and who needs to be where.

ACTIVITY NAME & DAY	WHICH CHILD IT'S FOR	LOCATION/TIME	PREP NEEDED	NOTES



ACTIVITY TRACKER

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Birthday Party Planner

Having kids = a lot of party invites. This planner helps you track RSVPs, gifts you need to buy, outfit decisions (especially if there's a theme), and how you're getting there.

BIRTHDAY PARTY

DATE | TIME | LOCATION

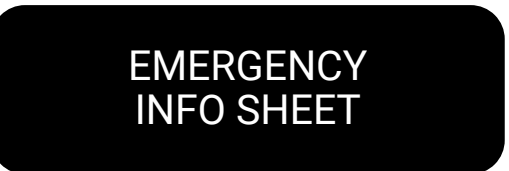
WHAT THEY'LL WEAR

GIFT IDEAS / BUDGET

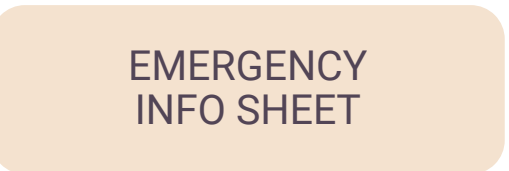
WHO'S INVITED (NAME/AGE)

RSVP STATUS

TRAVEL PLANS



END OF PLANNER



END OF PLANNER

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WEEKLY MEAL
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BY CATEGORY

FAMILY
FAVES LIST

CHORE TRACKER

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Meal & Home Life Planning

Feeding a family, managing the house, and still having time to sit down? It's possible — with a bit of planning and a sprinkle of flexibility. This section helps you stay on top of meals, housework, and the “we’ll get to it next weekend” list.





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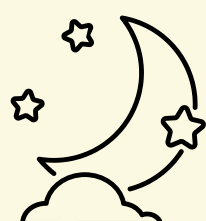
Weekly Meal Plan

Plan out breakfasts, packed lunches, and dinners in one simple space. Whether you're meal-prepping or winging it with what's in the fridge, this keeps you from having to answer "What's for dinner?" five times a day.

DAY	BREAKFAST	PACKED LUNCH	DINNER

EVENING NOTES

For clubs, practice nights, or big family dinners



WEEKEND BAKING OR LEFTOVERS

Plan ahead for relaxing or saving time:





GROCERY LIST BY CATEGORY

FAMILY FAVES LIST

CHORE TRACKER

HOME PROJECTS LIST

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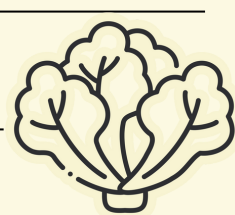
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Make shopping easier (and quicker!) with a categorized list. You can tick it off on your phone or print it out for your fridge — either way, it keeps you from zigzagging around the store like you're in a game show.

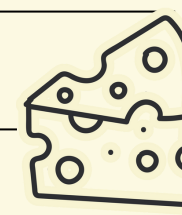
PRODUCE

This image shows a blank sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, stylized black-and-white line drawing of a bush or a small tree with several rounded leaves.

PANTRY STAPLES

[illegible]

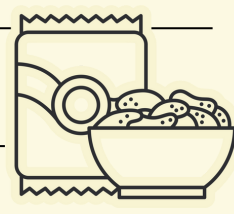
FRIDGE AND DAIRY

This image shows a blank sheet of cream-colored paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized black-and-white illustration of a pencil sharpener. The sharpener has a triangular body with two circular holes for sharpening pencils and a small rectangular slot on top. A short pencil is shown being inserted into one of the holes.

FREEZER

This image shows a blank sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, stylized black-and-white illustration of a snowflake or starburst pattern, which appears to be part of a larger design on the edge of the paper.

SNACKS AD TREATS

This image shows a blank sheet of cream-colored paper with horizontal blue ruling lines. At the bottom right corner, there is a small black-and-white line drawing of a snack bag with a scalloped top edge, containing various items like rings and chips. A faint vertical line runs down the left side of the page, creating a margin.

TOILETRIES AND EXTRAS

[illegible]



WEEKLY MEAL
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Family Faves List

Some meals are just winners. Keep a handy list of go-to meals everyone enjoys, especially for those nights when your brain's fried but dinner still needs to happen.

QUICK 20-MINUTE DINNERS

MAKE-AHEAD FREEZER MEALS

EVERYONE'S TOP COMFORT FOOD

"LAZY NIGHT" GO-TO'S (PIZZA COUNTS!)



WEEKLY MEAL
PLAN

GROCERY LIST
BY CATEGORY

FAMILY
FAVES LIST

CHORE TRACKER

HOME
PROJECTS LIST

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MONTHLY PLANNING

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& EXTRAS

MEAL & HOME
LIFE PLANNING

MUM LIFE
SECTION

SCHOOL COMMUNICATIONS
HUB

SPECIAL EVENTS
& MEMORY KEEPING

CALM CORNER

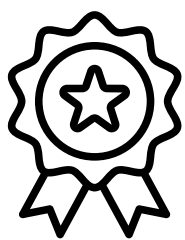
END OF PLANNER

Chore Tracker

You're not the only one living in the house. Time to share the load! This tracker helps you delegate chores in a way that actually works (and doesn't lead to full-on mutiny).

CHILD'S NAME				WEEK OF				
CHORES	M	T	W	T	F	S	S	DONE?
HABITS	M	T	W	T	F	S	S	
ROTATING TASK	ASSIGNED DAY			NOTES				

"When we all do a little, no one has to do a lot."



REWARDS / ALLOWANCE

NO. OF TASK COMPLETED

REWARD EARNED

ALLOWANCE (IF USED)



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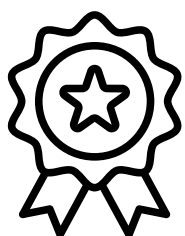
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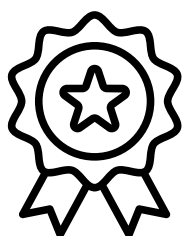
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CHORES	M	T	W	T	F	S	S	DONE?
HABITS	M	T	W	T	F	S	S	
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Home Projects List

A place to list the “we’ll do that soon” jobs before they vanish from memory. This could be little fixes, seasonal chores, or bigger projects (like decluttering the garage or finally sorting the toy room).

TASK	WHO'S DOING IT	SUPPLIES NEEDED	DEADLINE OR SEASON	NOTES



MUM'S TO-DO LIST

SELF-CARE
IDEAS LIST

MENTAL LOAD
BRAIN DUMP

ONE-LINE-A-DAY JOURNAL

"I NEED HELP WITH..."
TRACKER

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Mum Life

Behind every permission slip, snack bag, and club drop-off...is a mum doing a hundred invisible things. This section is for you.

Not just the task-juggling version, but the real woman underneath. The one who needs care, clarity, and kindness too.

This part of the planner is like a quiet corner in a loud room, where you can get your thoughts down, reconnect with yourself, and stay supported even on the busiest days.





MUM'S TO-DO LIST

SELF-CARE
IDEAS LIST

MENTAL LOAD
BRAIN DUMP

ONE-LINE-A-DAY JOURNAL

"I NEED HELP WITH..."
TRACKER

Mums To-Do List

Not every to-do belongs to the family list. Some things are just yours, like booking that eye exam, chasing up the insurance company, or finally buying a new coat. This list gives you your own space, so your priorities don't get lost in the school paperwork.

PERSONAL APPOINTMENTS

ERRANDS ONLY YOU HANDLE

CALLS AND FOLLOW-UPS

BIG OR SMALL THINGS YOU KEEP PUSHING TO "LATER"



BECAUSE YOUR LIFE MATTERS JUST AS MUCH AS THEIRS.

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SELF-CARE IDEAS LIST

MENTAL LOAD BRAIN DUMP

ONE-LINE-A-DAY JOURNAL

"I NEED HELP WITH..."
TRACKER

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When you finally get 10 minutes to yourself, the brain fog hits. This list is here to help you skip the scroll and reach for something nourishing, grounding, or even a little indulgent.

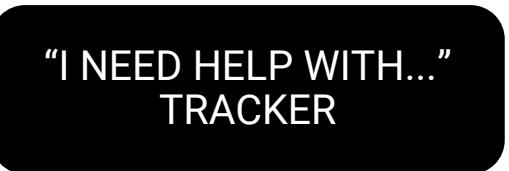
ADD IDEAS LIKE:

- A walk with a podcast
- 15 minutes with a book (even if it's just one chapter)
- Painting your nails
- Sitting outside with a hot drink
- A call with someone who gets it

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

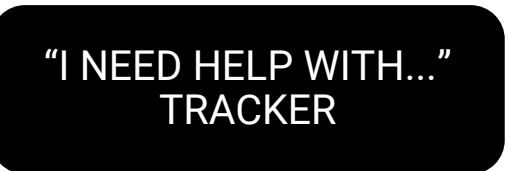
Self-care doesn't have to be grand. It just has to be for you.

NOTES



Bonus tip: Once it's down, you can decide what actually needs action and what can wait.

[illegible]



END OF PLANNER

[illegible]



MUM'S TO-DO LIST

SELF-CARE
IDEAS LIST

MENTAL LOAD
BRAIN DUMP

ONE-LINE-A-DAY JOURNAL

"I NEED HELP WITH..."
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"I Need Help With..." Tracker

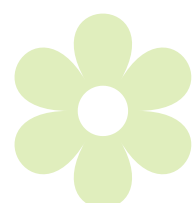
Let's normalise asking for help. This space helps you track where you could use support - so when someone says "let me know if you need anything," you actually have an answer.

TASKS YOU CAN DELEGATE

THINGS YOU'D LOVE A BREAK FROM

PRACTICAL NEEDS

EMOTIONAL NEEDS



YOU DON'T HAVE TO DO IT ALL. REALLY, YOU DON'T.

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IMPORTANT CONTACTS

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SLIP TRACKER

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UPLOAD SECTION

UNIFORM & SUPPLIES CHECKLIST

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School Communications Hub

Between flyers in rucksacks, last-minute emails, and "You forgot my permission slip!" Moments, school admin can feel like its own part-time job. This section keeps everything school-related in one tidy place, so you're not rifling through drawers or scrolling for lost info ever again.





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Important Contacts

Quick-access space for everyone you might need to reach in a school emergency, or just when you can't remember who runs Art Club.



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Permission Slip Tracker

Never again wonder, “Did I already send that in?” Track all upcoming and submitted permission slips, so nothing gets lost between the fridge and the school bag.

YOU CAN EVEN HIGHLIGHT LATE ONES — OR SET A REMINDER THE WEEK BEFORE.

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UNIFORM & SUPPLIES CHECKLIST

Notices & Flyers Upload Section

Let's be real! The school sends a lot of paper. Keep digital copies of the most important ones here, so you don't have to rely on your memory (or that crumpled paper at the bottom of the bag).

Use this section to:

SNAP A PHOTO OF FLYERS

PASTE IN EVENT POSTERS OR NEWSLETTERS

ADD LINKS TO SCHOOL EMAIL UPDATES

HIGHLIGHT KEY DATES OR RSVP INFO

PHOTOS HERE

Event / Deadline	Date	Notes / RSVP Sent?
		
		
		
		
		
		
		

SCHOOL EMAIL UPDATES / LINKS





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Uniform & Supplies Checklist

From school shoes to glue sticks, this checklist helps you stay on top of what's already sorted and what still needs buying, especially when kids hit a growth spurt overnight.

SCHOOL UNIFORM ITEM	SIZE	QUANTITY	✓

PE KIT / SPORTS UNIFORM	SIZE	QUANTITY	✓

STATIONERY AND SUPPLIES	✓	SEASONAL EXTRAS	✓

NOTES ON WHERE TO BUY OR REORDER FROM

YOU CAN TICK THINGS OFF AS YOU GO, OR REVISIT IT AT THE START OF EACH TERM FOR A QUICK REFRESH.

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GIFT TRACKER

PHOTO DROP FACES

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Special Events & Memory Keeping

Amid all the hustle, there are moments worth pausing for birthdays, holidays, proud milestones, and memories that make it all worthwhile.

This section helps you plan for the special moments and hold onto them once they have past.

Because mum life isn't just about managing, it's also about making magic (even in the messy bits).





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GIFT TRACKER

PHOTO DROP FACES

MILESTONE MOMENTS

Event Planner Pages

Whether it's a birthday bash, holiday gathering, or a family tradition you want to keep alive, these pages help you stay organised and excited.

Use it for birthdays, halloween, easter egg hunts, movie nights, or even your own well-deserved celebration.

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PHOTO DROP FACES

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PHOTO DROP FACES

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ITEMS NEEDED	QUANTITY	BOUGHT?

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PHOTO DROP FACES

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EVENT NAME

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THEME OR VIBE

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GIFT TRACKER

PHOTO DROP FACES

MILESTONE MOMENTS

Gift Tracker

No more late-night gift panics or buying duplicates. This tracker helps you plan ahead, shop smart, and stash those presents with confidence.

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PHOTO DROP FACES

MILESTONE MOMENTS

Photo Drop Spaces

Moments come fast! This is where you capture them. Use this space like a digital scrapbook, where you can drag, drop, or paste in photos, notes, or snapshots of drawings and keepsakes.

FIRST-DAY-OF-SCHOOL SMILES

HOLIDAY HIGHLIGHTS

FAMILY SELFIES

LITTLE WINS THAT MADE YOUR HEART MELT

FAVORITE QUOTES OR FUNNY THINGS THE KIDS SAID

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PHOTO DROP FACES

MILESTONE MOMENTS

Milestone Moments

The big moments aren't just about the kids. This section helps you keep track of growth, wins, and proud memories, for them and for you.

FIRSTS

(TOOTH LOST, SOLO PLAYDATE, SPORTS GOALS, NEW HOBBIES)

ACHIEVEMENTS

(AWARDS, BREAKTHROUGHS, ACTS OF KINDNESS)

FAMILY TRADITIONS STARTED OR CONTINUED

MUM WINS

(SPOKE UP, SET BOUNDARIES, FINALLY FINISHED A HOT DRINK)

ANYTHING THAT MADE YOU FEEL PROUD, CONNECTED, OR SEEN

THIS IS YOUR REMINDER: THE LITTLE THINGS ARE THE BIG THINGS. WRITE THEM DOWN. CELEBRATE THEM.

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MOOD TRACKER

ENERGY LEVELS

FAVORITE QUICK WINS

RESET ROUTINE

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Calm Corner

This section is your pause button.

Think of this as a gentle space to pause, catch your breath, and feel a bit more like you again. No pressure, just presence. It's where you gently check in with your energy, notice what's been going on emotionally, and find quick ways to reset before the next full week begins.





MOOD TRACKER

ENERGY LEVELS

FAVORITE QUICK WINS

RESET ROUTINE

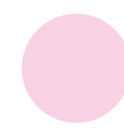
Mood Tracker

Life is full of ups and downs, especially when you're holding space for everyone else's emotions, too. This mood tracker helps you check in with your own feelings without judgment.

How to use it:

- Choose your own mood color code (e.g., calm, frustrated, proud, tired, joyful)
- Fill in a circle or box each day to reflect your emotional tone
- Use the "notes" area to jot down what might've helped or what made things harder that day

This simple reflection tool can help you spot patterns, triggers, or even the small wins you might otherwise miss.



SUN	MON	TUE	WED	THU	FRI	SAT



MOOD TRACKER

ENERGY LEVELS

FAVORITE QUICK WINS

RESET ROUTINE

Energy Levels Weekly Check-In

Some weeks, you're full of beans. Others... not so much. This check-in gives you space to notice how your energy is doing and gently adjust expectations, routines, or plans based on that.

START-OF-WEEK 1 ENERGY

WHAT'S BOOSTING MY ENERGY?

WHAT'S DRAINING ME?

ONE THING I CAN DROP, DELEGATE, OR SIMPLIFY THIS WEEK

START-OF-WEEK 2 ENERGY

WHAT'S BOOSTING MY ENERGY?

WHAT'S DRAINING ME?

ONE THING I CAN DROP, DELEGATE, OR SIMPLIFY THIS WEEK

START-OF-WEEK 3 ENERGY

WHAT'S BOOSTING MY ENERGY?

WHAT'S DRAINING ME?

ONE THING I CAN DROP, DELEGATE, OR SIMPLIFY THIS WEEK

START-OF-WEEK 4 ENERGY

WHAT'S BOOSTING MY ENERGY?

WHAT'S DRAINING ME?

ONE THING I CAN DROP, DELEGATE, OR SIMPLIFY THIS WEEK

BY TUNING INTO HOW YOU FEEL BEFORE YOUR CALENDAR FILLS UP, YOU GET TO LEAD THE WEEK, NOT CHASE IT.

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MOOD TRACKER

ENERGY LEVELS

FAVORITE QUICK WINS

RESET ROUTINE

Favorite Quick Wins

This is your personal pick-me-up list. When the day goes sideways or you need a 5-minute breather, come back to this page for little joys that reset your mood or give you a moment of calm.

Prompt / Idea	My Personal Pick-Me-Up
☕ Your go-to cup of tea or drink	
🎵 Your “feel good” playlist	
🧘♀️ 5-minute stretch or hand massage	
🚶 Walk around the block	
🗣️ Voice note venting to a friend	
🌳 No-screen mument outside	

Write them down now so you don't have to think about what helps when you're already overwhelmed.



MOOD TRACKER

ENERGY LEVELS

FAVORITE QUICK WINS

RESET ROUTINE

End-Of-Week Reset Routine

A soft wrap-up ritual for the week - to reflect, release, and reset.

WHAT FELT HEAVY THIS WEEK?

WHAT FELT LIGHT?

WHAT DO I WANT TO BRING INTO NEXT WEEK?

WHAT CAN I LEAVE BEHIND?

You'll also find space to update your planner, prep any school bags, plan meals, or just light a candle and let it all go. This routine doesn't have to take long. Even five minutes can help you end the week feeling more grounded and start the next one with a little more ease.

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WEEKLY &
MONTHLY PLANNING

KIDS' SCHEDULES
& EXTRAS

MEAL & HOME
LIFE PLANNING

MUM LIFE
SECTION

SCHOOL COMMUNICATIONS
HUB

SPECIAL EVENTS
& MEMORY KEEPING

CALM CORNER

END OF PLANNER



Dear Busy Mum

If you've made it to the end of this planner or even just peeked at a few pages between pick-ups and packed lunches, I want you to know something:

You're doing an incredible job.

This planner isn't here to tell you how to be more productive or squeeze more into your already full days. It's here to give you a little more space. A little more clarity. A little more you time, tucked in between the chaos, the cuddles, the school runs, and the snack negotiations.

You don't have to do it all. You don't have to do it perfectly. You just have to keep showing up, and you already are!

Some days will feel like a win. Others will feel like survival. Both count. Both matter.

So come back to this planner whenever you need to untangle your thoughts, take a deep breath, or remind yourself that you're allowed to take up space, too.

With so much love,

Your Future Self (and the person who made this planner for you Georgina xxx)



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