### Monday
- **9 am** - School Run
- **9.30-2.30 pm** - Study
- **3 pm** - School Run
- **4 pm - 7.30 pm** - Tea/ household chores/ kids bedtime
- **8 pm** - Evening to relax

### Tuesday
- **9 am** - School Run
- **9.30-12.30 pm** - Lecture
- **3 pm** - School Run
- **4 pm - 7.30 pm** - Tea/ household chores/ kids bedtime/kids swimming (reading time for me)
- **8 pm** - Evening to relax

### Wednesday
- **9 am** - School Run
- **9.30-12.30 pm** - Lecture
- **3 pm** - School Run
- **4 pm - 7.30 pm** - Tea/ household chores/ kids bedtime
- **8 pm** - Evening to relax

### Thursday
- **9 am** - School Run
- **9.30-4.30 pm** - Lecture
- **3 pm** - School Run
- **4 pm - 7.30 pm** - Tea/ household chores/ kids bedtime
- **8 pm** - Evening to relax

### Friday
- **9 am** - School Run
- **9.30-2.30 pm** - Study
- **3 pm** - School Run
- **4 pm - 7.30 pm** - Tea/ household chores/ kids bedtime
- **8 pm** - Evening to relax

### Saturday
- **All day** - Kids activities/food shopping/ household chores/ study

### Sunday
- **All day** - Relax and family time