

# Welcome

As mothers, we need a little Mom Time, a few minutes to ourselves, to breath and hear ourselves think. In this *Mom Time 2024* planner, I've included my own plans for the first 3 months which include:

- ✓ Spiritual Growth Devotions
- ✓ Mental Growth Fiction and Non-Fiction Readings
- ✓ Physical Growth Exercise

With only 3 suggested activities each day (15 minutes each) it takes less than 1 hour to get in a little mom time. In addition to the basics above, I include other ways to nurture yourself: Psalm Repetition, Tea & Poetry, Outdoor Walks, Book of Mottoes, Beauty Treatments, and Sewing (or Buying) a Color Coordinated Wardrobe.

**Course Materials.** A few resources you will need in addition to this planner:

- ☐ King James Bible
- ☐ *Composition Notebook* (for Book of Mottoes & Wardrobe Planning)
- $\square$  *Village School* by Miss Read
- $\ \ \square$  Beacon Lights of History Volume 1 by Lord Byron\*
- ☐ Plutarch or Cyrus the Great\*
- $\ \square$  Weight Watcher's Time Crunch Workout\*\*
- ☐ Poetry book of choice
- ☐ Sewing Supplies as desired

This planner works well with our homeschool planner and our Program of Study at *oldfashionededucation.org/introduction*.

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Happy Planning, Renee

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\*free online \*\*purchased at Dollar General



NOTES:



*King James Bible* is used for its literary beauty.

DAY 1	DAY 2
LESSON 1  □ Read together Words for Women, Chapter 1.* □ Do Time Crunch Workout 1, Upper Body □ Book doctor, dental, and hair appointments for 2024.	LESSON 2  □ Read Village School by Miss Reed, Chapter 1. □ Do Time Crunch Workout 2, Lower Body. □ Copy a chapter of Psalms in Book of Mottoes for repetition work.
LESSON 5  □ Read together Words for Women, Chapter 2. * □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 6  □ Read Village School by Miss Reed, Chapter 2. □ Do Time Crunch Workout 2, Lower Body. □ Enjoy tea & Poetry for 10-15 minutes.
LESSON 9  □ Read together Words for Women, Chapter 3. * □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 10  □ Read Village School by Miss Reed, Chapter 3. □ . Do Time Crunch Workout 2, Lower Body. □ In your Book of Mottoes, recite your Psalm of choice.
LESSON 13  □ Read together Words for Women, Chapter 4.* □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 14  □ Read Village School by Miss Reed, Chapter 4. □ Do Time Crunch Workout 2, Lower Body. □ Enjoy tea & Poetry for 10-15 minutes.

<sup>\*</sup> Always read and meditate on the suggested scripture passage for the week.

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DAY 3	DAY 4	NOTES:
LESSON 3  □ Read Beacon Lights of History, Volume 1, Chapter 1 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Begin planning your spring color coordinated wardrobe.	LESSON 4  □ Read Plutarch or Cyrus the Great, Chapter 1 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a drawer or cupboard in the kitchen.	ATTENDANCE
LESSON 7  □ Read Beacon Lights of History, Volume 1, Chapter 1 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Choose sewing pattern for your color coordinated wardrobe.	LESSON 8  □ Read Plutarch or Cyrus the Great, Chapter 2 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a drawer or cupboard in the kitchen.	ATTENDANCE
LESSON 11  □ Read Beacon Lights of History, Volume 1, Chapter 2 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Choose fabrics for your color coordinated wardrobe.	LESSON 12  □ Read Plutarch or Cyrus the Great, Chapter 3 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a drawer or cupboard in the kitchen.	ATTENDANCE
LESSON 15  □ Read Beacon Lights of History, Volume 1, Chapter 2 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Begin sewing your color coordinated wardrobe.	LESSON 16  □ Read Plutarch or Cyrus the Great, Chapter 4 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Decorate kitchen or organize a drawer or cupboard in the kitchen.	ATTENDANCE

DAY 1	DAY 2
LESSON 17  □ Read together Words for Women, Chapter 5. □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 18  □ Read Village School by Miss Reed, Chapter 5. □ Do Time Crunch Workout 2, Lower Body. □ In your Book of Mottoes, recite your Psalm of choice.
LESSON 21  □ Read together Words for Women, Chapter 6. □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 22  ☐ Read Village School by Miss Reed, Chapter 6. ☐ Do Time Crunch Workout 2, Lower Body. ☐ Enjoy tea & Poetry for 10-15 minutes.
LESSON 25  □ Read together Words for Women, Chapter 7. □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 26  □ Read Village School by Miss Reed, Chapter 7. □ Do Time Crunch Workout 2, Lower Body. □ In your Book of Mottoes, recite your Psalm of choice.
<ul> <li>LESSON 29</li> <li>□ Read together Words for Women, Chapter 8.</li> <li>□ Do Time Crunch Workout 1, Upper Body.</li> <li>□ Complete 1 beauty treatment of choice.</li> </ul>	LESSON 30  ☐ Read Village School by Miss Reed, Chapter 8. ☐ Do Time Crunch Workout 2, Lower Body. ☐ Enjoy tea & Poetry for 10-15 minutes.

DAY 3	DAY 4	NOTES:
LESSON 19  □ Read Beacon Lights of History, Volume 1, Chapter 3 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 20  □ Read Plutarch or Cyrus the Great, Chapter 5 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the living room.	ATTENDANCE
LESSON 23  □ Read Beacon Lights of History, Volume 1, Chapter 3 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 24  □ Read Plutarch or Cyrus the Great, Chapter 6 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the living room.	ATTENDANCE
LESSON 27  □ Read Beacon Lights of History, Volume 1, Chapter 4 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 28  □ Read Plutarch or Cyrus the Great, Chapter 7 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the living room.	ATTENDANCE
LESSON 31  □ Read Beacon Lights of History, Volume 1, Chapter 4 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 32  □ Read Plutarch or Cyrus the Great, Chapter 8 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Decorate or organize a closet or drawer in the living room.	ATTENDANCE

DAY 1	DAY 2
LESSON 33  Read together Words for Women, Chapter 9. Do Time Crunch Workout 1, Upper Body. Complete 1 beauty treatment of choice.	LESSON 34  Read Village School by Miss Reed, Chapter 9. Do Time Crunch Workout 2, Lower Body. In your Book of Mottoes, recite your Psalm of choice.
LESSON 37  Read together Words for Women, Chapter 10. Do Time Crunch Workout 1, Upper Body. Complete 1 beauty treatment of choice.	LESSON 38  Read Village School by Miss Reed, Chapter 10. Do Time Crunch Workout 2, Lower Body. Enjoy tea & Poetry for 10-15 minutes.
LESSON 41  Read together Words for Women, Chapter 11. Do Time Crunch Workout 1, Upper Body. Complete 1 beauty treatment of choice.	LESSON 42  □ Read Village School by Miss Reed, Chapter 11. □ Do Time Crunch Workout 2, Lower Body. □ In your Book of Mottoes, recite your Psalm of choice.
LESSON 45  □ Read together Words for Women, Chapter 12. □ Do Time Crunch Workout 1, Upper Body. □ Complete 1 beauty treatment of choice.	LESSON 46  □ Read <i>Village School</i> by Miss Reed, Chapter 12. □ Do <i>Time Crunch Workout</i> 2, Lower Body. □ Enjoy tea & Poetry for 10-15 minutes.

DAY 3	DAY 4	NOTES:
LESSON 35  □ Read Beacon Lights of History, Volume 1, Chapter 5 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 36  □ Read Plutarch or Cyrus the Great, Chapter 9 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the bedroom.	ATTENDANCE
LESSON 39  □ Read Beacon Lights of History, Volume 1, Chapter 5 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 40  □ Read Plutarch or Cyrus the Great, Chapter 10 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the bedroom.	ATTENDANCE
LESSON 43  □ Read Beacon Lights of History, Volume 1, Chapter 6 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 44  □ Read Plutarch or Cyrus the Great, Chapter 11 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the bedroom.	ATTENDANCE
LESSON 47  □ Read Beacon Lights of History, Volume 1, Chapter 6 for 15-20 minutes. □ Do Time Crunch Workout 3, Total Body. □ Continue sewing your color coordinated wardrobe.	LESSON 48  □ Read Plutarch or Cyrus the Great, Chapter 12 for 15-20 minutes. □ Do Time Crunch Workout of choice or walk/jog outdoors. □ Organize a closet or drawer in the bedroom.	ATTENDANCE

DAY 1	DAY 2
LESSON 49	LESSON 50
LESSON 53	LESSON 54
LESSON 57	LESSON 58
LESSON 61	LESSON 62

DAY 3	DAY 4	NOTES:
LESSON 51	LESSON 52	ATTENDANCE
LESSON 55	LESSON 56	ATTENDANCE
LESSON 59	LESSON 60	ATTENDANCE
LESSON 63	LESSON 64	ATTENDANCE

DAY 1	DAY 2
LESSON 65	LESSON 66
LESSON 69	LESSON 70
LESSON 73	LESSON 74
LESSON 77	LESSON 78

DAY 3	DAY 4	NOTES:
LESSON 67	LESSON 68	ATTENDANCE
LESSON 71	LESSON 72	ATTENDANCE
LESSON 75	LESSON 76	ATTENDANCE
LESSON 79	LESSON 80	ATTENDANCE

DAY 1	DAY 2
LESSON 81	LESSON 82
LESSON 85	LESSON 86
LESSON 89	LESSON 90
LESSON 93	LESSON 94

DAY 3	DAY 4	NOTES:
LESSON 83	LESSON 84	ATTENDANCE
LESSON 87	LESSON 88	ATTENDANCE
LESSON 91	LESSON 92	ATTENDANCE
LESSON 95	LESSON 96	ATTENDANCE

DAY 1	DAY 2
LESSON 97	LESSON 98
LESSON 101	LESSON 102
LESSON 105	LESSON 106
LESSON 109	LESSON 110

DAY 3	DAY 4	NOTES:
LESSON 99	LESSON 100	ATTENDANCE
LESSON 103	LESSON 104	ATTENDANCE
LESSON 107	LESSON 108	ATTENDANCE
LESSON 111	LESSON 112	ATTENDANCE

DAY 1	DAY 2
LESSON 113	LESSON 114
LESSON 117	LESSON 118
LESSON 121	LESSON 122
LESSON 125	LESSON 126

DAY 3	DAY 4	NOTES:
LESSON 115	LESSON 116	ATTENDANCE
LESSON 119	LESSON 120	ATTENDANCE
LESSON 123	LESSON 124	ATTENDANCE
LESSON 127	LESSON 128	ATTENDANCE

DAY 1	DAY 2
LESSON 129	LESSON 130
LESSON 133	LESSON 134
LESSON 137	LESSON 138
LESSON 141	LESSON 142

DAY 3	DAY 4	NOTES:
LESSON 131	LESSON 132	ATTENDANCE
LESSON 135	LESSON 136	ATTENDANCE
LESSON 139	LESSON 140	ATTENDANCE
LESSON 143	LESSON 144	ATTENDANCE



