

# Planning Ahead for a 3-Day Weekend

*as a busy parent*

- Cleaning the house
- Self-care activity  
(hair, nails, etc.)
- Wash the dog, wash the car
- Go out to dinner as a family  
(or movies)
- Run errands for family  
(haircuts, clothing, etc.)
- Family activity (backyard  
barbeque, hiking, park, etc.)
- Paying bills/budgeting
- Reading
- Catching up on sleep
- Planning ahead for the  
next few months