



Despite a non-stop schedule, Paula Abbott doesn't forget to take time out to enjoy backyard picnics with her children.

the mommy DIARIES

A day in the life of an Orem supermom

A lot goes on in one day of Paula Abbott's life. Demonstrating multi-tasking at its best, this model mom bakes pies, cleans the house, chauffeurs to school and lessons, styles hair, exercises, lifeguards at the backyard pool, feeds pets, reads stories and cooks dinner. And that's not all. Read on for a glimpse at a day in the life — May 19, 2008 — of Paula Abbott.

5 A.M. Rise and shine! Reads for 20 minutes. "It's my alone time."

5:22 A.M. Exercises. Paula alternates between Core Secrets, Pilates and her elliptical machine.

5:55 A.M. Eats yogurt for a quick breakfast.

6:03 A.M. Hops in the shower, gets ready for the day.

6:46 A.M. Starts getting kids up, dressed and ready for school.

7 A.M. Leads family prayer, scripture reading.

7:23 A.M. Breakfast begins. Children choose from a variety of cold cereals and yogurts. A five-gallon, cafeteria-style milk dispenser makes it easy for the younger