



Our Family's WEEKLY ROUTINE CHART

Small Steps. Big Impact. Stronger Family.

DAY	MORNING ROUTINE	AFTER SCHOOL ROUTINE	EVENING ROUTINE	DAILY GOAL
MONDAY <input type="checkbox"/> Make Bed <input type="checkbox"/> Brush Teeth <input type="checkbox"/> Eat Breakfast <input type="checkbox"/> Get Dressed <input type="checkbox"/> Pack Backpack	 <input type="checkbox"/> Wash Hands <input type="checkbox"/> Healthy Snack <input type="checkbox"/> Homework Time <input type="checkbox"/> 30 Min Play Time	 <input type="checkbox"/> Family Dinner <input type="checkbox"/> Help Tidy Up <input type="checkbox"/> Shower/Bath <input type="checkbox"/> Read Together <input type="checkbox"/> Lights Out	 Today I will: _____	
TUESDAY <input type="checkbox"/> Make Bed <input type="checkbox"/> Brush Teeth <input type="checkbox"/> Eat Breakfast <input type="checkbox"/> Get Dressed <input type="checkbox"/> Pack Backpack	 <input type="checkbox"/> Wash Hands <input type="checkbox"/> Healthy Snack <input type="checkbox"/> Homework Time <input type="checkbox"/> 30 Min Play Time	 <input type="checkbox"/> Family Dinner <input type="checkbox"/> Help Tidy Up <input type="checkbox"/> Shower/Bath <input type="checkbox"/> Read Together <input type="checkbox"/> Lights Out	 Today I will: _____	
WEDNESDAY <input type="checkbox"/> Make Bed <input type="checkbox"/> Brush Teeth <input type="checkbox"/> Eat Breakfast <input type="checkbox"/> Get Dressed <input type="checkbox"/> Pack Backpack	 <input type="checkbox"/> Wash Hands <input type="checkbox"/> Healthy Snack <input type="checkbox"/> Homework Time <input type="checkbox"/> 30 Min Play Time	 <input type="checkbox"/> Family Dinner <input type="checkbox"/> Help Tidy Up <input type="checkbox"/> Shower/Bath <input type="checkbox"/> Read Together <input type="checkbox"/> Lights Out	 Today I will: _____	
THURSDAY <input type="checkbox"/> Make Bed <input type="checkbox"/> Brush Teeth <input type="checkbox"/> Eat Breakfast <input type="checkbox"/> Get Dressed <input type="checkbox"/> Pack Backpack	 <input type="checkbox"/> Wash Hands <input type="checkbox"/> Healthy Snack <input type="checkbox"/> Homework Time <input type="checkbox"/> 30 Min Play Time	 <input type="checkbox"/> Family Dinner <input type="checkbox"/> Help Tidy Up <input type="checkbox"/> Shower/Bath <input type="checkbox"/> Read Together <input type="checkbox"/> Lights Out	 Today I will: _____	
FRIDAY <input type="checkbox"/> Make Bed <input type="checkbox"/> Brush Teeth <input type="checkbox"/> Eat Breakfast <input type="checkbox"/> Get Dressed <input type="checkbox"/> Pack Backpack	 <input type="checkbox"/> Wash Hands <input type="checkbox"/> Healthy Snack <input type="checkbox"/> Homework Time <input type="checkbox"/> 30 Min Play Time	 <input type="checkbox"/> Family Dinner <input type="checkbox"/> Help Tidy Up <input type="checkbox"/> Shower/Bath <input type="checkbox"/> Read Together <input type="checkbox"/> Lights Out	 Today I will: _____	
SATURDAY <input type="checkbox"/> Sleep In <input type="checkbox"/> Family Breakfast <input type="checkbox"/> Get Fresh <input type="checkbox"/> Plan Our Day	 <input type="checkbox"/> Chores Together <input type="checkbox"/> Creative Time <input type="checkbox"/> Outdoor Fun <input type="checkbox"/> Family Activity	 <input type="checkbox"/> Movie or Game Night <input type="checkbox"/> Family Snack <input type="checkbox"/> Gratitude Talk <input type="checkbox"/> Early Bedtime	 Today I will: _____	
SUNDAY <input type="checkbox"/> Gratitude Time <input type="checkbox"/> Family Worship <input type="checkbox"/> Big Breakfast <input type="checkbox"/> Weekly Plan	 <input type="checkbox"/> Meal Prep <input type="checkbox"/> Laundry <input type="checkbox"/> Reset Home <input type="checkbox"/> Self-Care Time	 <input type="checkbox"/> Family Dinner <input type="checkbox"/> Talk About Our Week <input type="checkbox"/> Set Goals <input type="checkbox"/> Rest & Recharge	 Today I will: _____	

TIPS FOR A SMOOTHER WEEK

- ★ Keep routines consistent, but stay flexible.
- ★ Involve everyone in the planning.
- ★ Celebrate small wins!
- ★ Speak love and encouragement daily.



OUR FAMILY PROMISE

We will be kind, patient, and give our best every day.
We've got each other!

Signed: _____

WEEKEND FAMILY FUN IDEAS

- Picnic in the Park
- Game Tournament
- Try a New Recipe
- Family Movie Marathon
- Visit a Museum

