

## **FAMILY ROUTINE**



Use this page to develop a "family routine" or schedule that can be followed each day. Feel free to make different variations as needed (such as a version for weekdays and weekends or a version for the children and for the parents).

Wake Up Morning Routine Bedtime Routine Breakfast Lunch Dinner Shower/Hygiene TV/Relax
Chore
Leave for School
Return from School
Snack
Free Time
Extra Curricular

Quiet Time
Family Time
Homework
School
Practice (explain)
Bedtime/Sleep
Other:

TIME		
FROM	UNTIL	DESCRIPTION