

FAMILY DAILY ROUTINE

Date: _____

MORNING

Wake up & Make bed
Family Breakfast
Get dressed / Grooming
School / Work prep
Morning walk/Exercise

AFTERNOON

Lunch break
Homework / Study
Household chores
Quiet time / Reading
Free play / Hobby

EVENING

Dinner together
Clean up kitchen
Evening hygiene
Set outfits for tomorrow
Lights out / Sleep

Special reminders & notes...