

SYSTEMATIC FAMILY MANAGEMENT

WEEK OF: _____ ZONE ROTATION: A / B / C / D

FAMILY MEMBER	MORNING ROUTINE	ZONE/DEEP CLEANING	MEAL/KITCHEN DUTY	EVENING RESET
Parent 1	Breakfast Prep Laundry Load 1	Management/Bills	Dinner Lead	Calendar Sync
Child 1 (Teen)	Bathroom Clean	Vacuum Main Floor	Dishwasher Load	Trash Disposal
Child 2	Pet Feeding	Dusting Surfaces	Table Set/Clear	Toy Sweep

WEEKLY GOALS & REWARDS

SPECIAL PROJECTS / REMINDERS