

Start Time	Time Blocks
6:30 AM	30m

# Daily Sc

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
7:00 AM	Kids do Morning Routine	Kids do Morning Routine	Kids do Morning Routine	Kids do Morning Routine	Kids do Morning Routine
7:30 AM	Dressed	Dressed	Dressed	Dressed	Dressed
8:00 AM	8:15 Leave for gym	Prep Lunch & Dinner	Prep Lunch & Dinner	8:15 Leave for gym	Laundry & Bathrooms
8:30 AM	Workout			Workout	FRIDAY Adventures
9:00 AM		Kids Activities & Projects	Kids Activities & Projects		
9:30 AM					
10:00 AM	Kids Activities & Projects			Kids Activities & Projects	
10:30 AM					
11:00 AM					
11:30 AM	Lunch	Lunch	Lunch	Lunch	
12:00 PM	Cleanup - Dinner Prep	Cleanup	Cleanup	Cleanup - Dinner Prep	LUNCH
12:30 PM	Kids Electronics Options	Kids Electronics Options	Kids Electronics Options	Kids Electronics Options	Kids Electronics Options
1:00 PM	(work)			(work)	(work)
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM	Flex Time	Cleanup	Cleanup	Flex Time	
4:00 PM					OFF!!! Dinner Prep
4:30 PM	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	
5:00 PM	Eat, Clean-up,	Eat, Clean-up,	Eat, Clean-up,	Eat, Clean-up,	
5:30 PM					

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 PM	Kids Pool, Bikes, Backyard, etc...	Kids Pool, Bikes, Backyard, etc...	Kids Pool, Bikes, Backyard, etc...	Kids Pool, Bikes, Backyard, etc...	
6:30 PM					
7:00 PM					
7:30 PM	Bath & Snack	Bath & Snack	Bath & Snack	Bath & Snack	
8:00 PM					
8:30 PM	8:30 - 10 Work	8:30 - 10 Relax	8:30 - 10 Relax	8:30 - 10 Work	

# hedule

Summer



# Weekly Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							

# WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
7:00 AM	Kids do Morning Routine	Kids do Morning Routine	Kids do Morning Routine	Kids do Morning Routine	Kids do Morning Routine
7:30 AM	Dressed	Dressed	Dressed	Dressed	Dressed
8:00 AM	8:15 Leave for gym	Prep Lunch & Dinner	Prep Lunch & Dinner	8:15 Leave for gym	Laundry & Bathrooms
8:30 AM	Workout			Workout	FRIDAY Adventures
9:00 AM		Kids Activities & Projects	Kids Activities & Projects		
9:30 AM					
10:00 AM	Kids Activities & Projects			Kids Activities & Projects	
10:30 AM					
11:00 AM					
11:30 AM	Lunch	Lunch	Lunch	Lunch	
12:00 PM	Cleanup - Dinner Prep	Cleanup	Cleanup	Cleanup - Dinner Prep	LUNCH
12:30 PM	Kids Electronics Options	Kids Electronics Options	Kids Electronics Options	Kids Electronics Options	Kids Electronics Options
1:00 PM	(work)			(work)	(work)
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM	Flex Time	Cleanup	Cleanup	Flex Time	
4:00 PM					OFF!!! Dinner Prep
4:30 PM	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	
5:00 PM	Eat, Clean-up,	Eat, Clean-up,	Eat, Clean-up,	Eat, Clean-up,	
5:30 PM					
6:00 PM	Kids Pool, Bikes, Backyard, etc...	Kids Pool, Bikes, Backyard, etc...	Kids Pool, Bikes, Backyard, etc...	Kids Pool, Bikes, Backyard, etc...	
6:30 PM					
7:00 PM					
7:30 PM	Bath & Snack	Bath & Snack	Bath & Snack	Bath & Snack	
8:00 PM					
8:30 PM	8:30 - 10 Work	8:30 - 10 Relax	8:30 - 10 Relax	8:30 - 10 Work	

