

Having structure + schedules for healthy habits can make it easier to meet your goals.

Implementing a schedule at home:

- Kids thrive on schedule and structure. It can improve sleep, moods, and overall health and wellbeing.
- Having a schedule and planning ahead for screen time, sleep, meals, mindfulness practice time, and exercise ensures you can fit it all into your day. Planning ahead makes it easier to stick with a schedule, and having it on the schedule means you will meet your goals.
- Using a schedule for meals and snacks can ensure kids arrive to meals ready to eat, and they will be more likely to try new foods. This also prevents snacking all day.
- Don't forget to plan for fun! Planning for family activities can help to prioritize family quality time.
- Consider: What day can I plan meals and grocery shop? What time of day do we have time to exercise? What time should we have dinner to get to bed on time? What is an ideal bedtime to ensure everyone gets enough rest?

example daily schedule

7am	wake up
7:30 am	breakfast
10 am	snack
12:30 pm	lunch
3 pm	snack
4pm	exercise
5:30pm	dinner
6:30 pm	screens off
7:30 pm	prepare for bedtime with deep breathing + gratitude practice.
8:00pm	bedtime

example weekly schedule

Sunday	Mon	Tues	Wed	Thurs	Fri	Sat
Plan meals for week, grocery shop. Plan exercise for week.	exercise: walk dog	exercise: walk dog	exercise: soccer practice	exercise: bike ride	exercise: walk dog family movie night	exercise: play at park



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group