

Plan your own family schedule.

Physical activity: What days can I fit exercise into my schedule?
What time of day is best? What type of exercise?

Nutrition: What day can I grocery shop/meal plan?
What is the family meal schedule?



Screen time: What are the family screen time rules? What time of day is best for recreational screen time?

Sleep: What is an ideal bedtime to ensure everyone gets enough rest? What time should we eat dinner and begin getting ready for bed to ensure we can get enough rest?

Mindfulness Practice: How can we practice being more mindful? What time of day can we fit this in?

What is our family's daily or weekly routine? What are we doing well? What areas could use improvement?

What schedule changes should we make? What would make it challenging to stick with this routine? What would make it easier to stick with a family routine? What are the benefits of trying out a new routine?
