

FAMILY WEEKLY ROUTINE

Morning Time

WAKE UP + MAKE BED
 SAY PRAYERS
 BRUSH TEETH + GET DRESSED
 WASH HANDS
 EAT BREAKFAST
 SCHOOL WORK FOR 1 HOUR
 TAKE WALK / PLAY OUTSIDE FOR 30 MIN.
 WASH HANDS
 EAT SNACK

get active

- run or skip
- ride bike or scooter
- balloon volleyball
- hula hoop
- have a dance party
- broom hockey
- play in backyard
- hallway soccer
- exercise together

Afternoon Time

CRAFT TIME FOR 1 HOUR
 QUIET TIME / READ FOR 30 MIN.
 PLAY INSIDE OR OUT FOR 30 MIN.
 WASH HANDS
 EAT LUNCH
 WORK ON CHORES

Water Intake

Use tally marks to keep track of how much water you drink each day.

	S	M	T	W	T	F	S
JULIET							
EMA							
ARIANA							
JUSTIN							
CHELSEA							

Night Time

TIDY UP ROOM + BATHROOM
 CLEAN UP MESS FROM LIVING ROOM
 WASH HANDS
 EAT DINNER
 BATH / SHOWER + BRUSH TEETH
 GET IN PJS
 STORY TIME
 SAY PRAYERS

LET'S EAT

Breakfast

- OATMEAL
- PANCAKES
- CEREAL
- FRENCH TOAST
- EGGS + BACON
- CINNAMON ROLLS
- CHORIZO + EGGS

Lunch

- MAC N CHEESE
- TURKEY SANDWICH
- CHICKEN NUGGETS
- PEANUT BUTTER + JELLY
- PIZZA
- QUESADILLA
- BURRITOS

Dinner

- TACOS
- SPAGHETTI
- MEATLOAF
- ENCHILADAS
- STUFFED PEPPERS
- ALFREDO
- LASAGNA

Snacks

- APPLES
- ALMONDS
- STRING CHEESE
- CUCUMBERS
- STRAWBERRIES
- BANANAS
- POPCORN

Don't Forget To Take Vitamins + Drink Your Water Each Day!

Family Routine Guide

CO Houle



Family Routine Guide:

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Table of Contents Family Routine Guide

1. Understanding the eBook Family Routine Guide
 - The Rise of Digital Reading Family Routine Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Family Routine Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Family Routine Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Family Routine Guide
 - Personalized Recommendations
 - Family Routine Guide User Reviews and Ratings
 - Family Routine Guide and Bestseller Lists
5. Accessing Family Routine Guide Free and Paid eBooks

- Family Routine Guide Public Domain eBooks
 - Family Routine Guide eBook Subscription Services
 - Family Routine Guide Budget-Friendly Options
6. Navigating Family Routine Guide eBook Formats
- ePub, PDF, MOBI, and More
 - Family Routine Guide Compatibility with Devices
 - Family Routine Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Family Routine Guide
 - Highlighting and Note-Taking Family Routine Guide
 - Interactive Elements Family Routine Guide
8. Staying Engaged with Family Routine Guide
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Family Routine Guide
9. Balancing eBooks and Physical Books Family Routine Guide
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Family Routine Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Family Routine Guide
- Setting Reading Goals Family Routine Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Family Routine Guide
- Fact-Checking eBook Content of Family Routine Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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