

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:00	Personal time block					Personal	Personal
6:00-6:30	* Coffee, meditation, yoga, get things ready for the day						
6:30-7:00	* Assess meal planning: lunches done for the day, dinner in fridge and prepped (or do prepping now)						
7:00-7:30	Children time block					Family Breakfast	Family Breakfast
7:30-8:00	* Blocked off for children only: Get ready for the day, breakfast, school drop off						
8:00-8:30	* Children at school from 9:00 - 3:00					Home Time Block	Family time
8:30-9:00						* Cleaning	
9:00-9:30	Work time block					* Household admin	
9:30-10:00						* Grocery shopping	
10:00-10:30						* Appointments	Church
10:30-11:00						* Personal develop	
11:00-11:30						* Budgeting	
11:30-12:00							
12:00-12:30	Lunch/tasks					Family Lunch	Family Lunch
12:30-1:00	* Phone calls	* Budgeting	* Personal reading	* Scheduling	* Calendar		
1:00-1:30						Home Time Block	Family time
1:30-2:00						cont.	
2:00-2:30						* Deep cleaning	
2:30-3:00						* Side hustle	
3:00-3:30	* Children at extended care						
3:30-4:00							
4:00-4:30							
4:30-5:00							
5:00-5:30	Leave work and pick up kiddos						
5:30-6:00							
6:00-6:30	Dinner and family time						
6:30-7:00	* Children help tidy up from dinner, prep lunches for next day with leftovers, prep coffee for morning						
7:00-7:30	Open time blocks						
7:30-8:00	* Can be used for family time, cleaning or tidying, setting things up for next day, watching TV						
8:00-8:30	Children's bedtime routine						
8:30-9:00	* Bath, reading together etc.						
9:00-9:30	Quick 15 minute tidy of main rooms						
9:30-10:00	Personal PM routine						