



FAMILY RHYTHM

Worksheet

Take control of your day and develop the best, simple, most functional rhythm for your family! Use The following worksheet to develop it!

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Developing a Simple Family Rhythm

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BRAINSTORMING

Use this section to brainstorm the key events and tasks in your days and weeks by answering the questions and using the examples.

What time does your day start?

Indicate when you and your family wake up – all at once or staggered?

List the different events that happen Every. Single. Day.

These would be meals, naps, school, etc. any item that currently determines key parts of your day.

List the weekly household tasks you need to tackle.

Here is where laundry, cleaning, meal planning, and other chores go. This is a great time to consider what additional chores you can hand off to one or more kids.

List the errands necessary to keep your home on track.

Things like grocery shopping, home supplies, banking, doctor appointments, etc. Trying to do these on the same day each week will help with rhythm.

List the different items you and your family would like to do most days.

There are lots of things we might want to do but pick those on top for your family and current season like taking a walk, quiet times, play time, reading, etc.

List any other miscellaneous items unique to your week.

Don't forget playdates, field trips, sports, and any other things that are specific to your family.

List MOM-TIME items unique to your week.

Any time you need – at home or outside the home should be included, like yoga, hair/nail appointments.

BLOCKING

Now, looking back on the brainstorming page, identify which time block the tasks fit in. You will see that there are time frames in each time block. There are also **2 options** for how many time blocks you want to affix your rhythm to, and one with no time frames.

Start by indicating the key events and tasks you must fit in morning/afternoon/evening:

- Key morning events - items like eating breakfast, getting dressed, reading, etc.
- Key afternoon events - list eating lunch, running errands, play outside, etc.
- Key evening events – list items like dinner, bedtime routines, devotionals, reading, etc.

Next you will work through the other Daily items you indicated into the appropriate time frame.

For those tasks that are weekly you can designate to a specific week day. For instance, grocery shopping is Monday nights so you would jot it in the Evening Block under “Mon”.

When you have completed the Time Blocks, you then begin following the flow immediately.

Family Rhythm Time Blocks

7:00 AM – 12:00 PM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

12:00 PM – 4:00 PM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

4:00 PM – 8:00 PM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Family Rhythm Time Blocks

7:00 AM – 10:00 AM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

10:00 AM – 2:00 PM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

2:00 PM – 5:00 PM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

5:00 PM – 8:00 PM

Daily

Weekly

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Family Rhythm Time Blocks

__ :00 __ – __ :00 __
Daily

Weekly
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

__ :00 __ – __ :00 __
Daily

Weekly
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

__ :00 __ – __ :00 __
Daily

Weekly
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

__ :00 __ – __ :00 __
Daily

Weekly
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.