

# Daily Family Schedule

**8 a.m.** Wake up, get dressed, breakfast

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**9 a.m.** Outside time/morning walk (or indoor exercises if it's raining)

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**10 a.m.** Academic/game time (schoolwork, educational activity, family craft)

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**12 p.m.** Lunch

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**12:30 p.m.** Chore time (help clean after lunch)

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**1 p.m.** Quiet time (read, quiet games, nap)

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**2:30 p.m.** Academic/game time (schoolwork, educational activity, family craft)

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**4:30 p.m.** Social/free time (phones and digital devices allowed)

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**6 p.m.** Dinner

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**7 p.m.** Family time

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**8 p.m.** Bedtime

START THE CONVERSATION.



STOP UNDERAGE DRINKING.

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