

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
- have a dance party
- hula hoop
- play in backyard
- broom hockey
- exercise together
- hallway soccer

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

Ying-Ying Zheng



Family Routine Guide:

Unveiling the Magic of Words: A Review of "**Family Routine Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Family Routine Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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