

SAMPLE DAILY SCHEDULE

Time	Child 1 School Age	Child 2 Preschool Age	Parent 1 Part-Time	Parent 2 Full-Time
6:30 am - 8:30 am	Breakfast, Get Dressed, Free Play		Work	Kid Duty
8:30am - 9:30 am	School	School Activities		
9:30 am - 10:00 am	Snack, Free Play		Kid Duty	Work
10:00 am - 11:00 am	School	School Activities		
11:00 am - 12:00 pm	Walk/Bike/Hike or Play Outside			
12:00 pm -12:30 pm	Lunch			
12:30 pm - 1:00 pm	Free Play			
1:00 pm - 3:00 pm	Read and Rest		Work	Work
3:00 pm - 3:30 pm	Help (chores, something for others, etc.)		Kid Duty	
3:30 pm - 5:30 pm	Flex Period: Finish School, Play Outside, Special Activity, Free Play			
5:30pm - 6:30 pm	Dinner and Pick Up			
6:30pm - 7:00 pm	Bedtime Routine		Work	Kid Duty
7:00 - 7:30 pm	Read / Lights Out			
7:00 pm - 9:00 pm	Asleep		Flex Time: Catch up on Work, Exercise, Relax	