



# DAILY SCHEDULE

• WEEK OF MARCH 23 •

- 06:00 adult work time
- 07:30 kids wake, get dressed, eat breakfast
- 08:30 family walk outside or youtube yoga
- 09:00 academic time until lunch
  
- 11:30 lunch
- 12:00 kids: independent play or study  
adults: work time
  
- 02:30 chores
- 03:00 snack, read aloud, or family check-in
- 03:30 screen time
- 04:00 outside
- 05:30 dinner
- 6:00 family time, free play
  
- 8:30 bed
- 8:30+ adult work time