Family Planner

Week of _____ to _____

Activities	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
Lunch/Work/Homework												
Dinner												
Shared household chores												
Physical activity led by a family member												
Family meal preparation												
Dinner												
"Show me your talent" workshop / Board games												
Free time												