

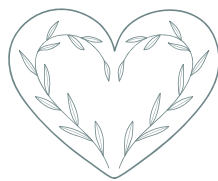


Family *routines* PLANNER

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This planner belongs to:



Family
IS NOT AN
important
THING.



It's everything.

MICHAEL J. FOX

birthdays and anniversaries



January

February

March

April

May

June

July

August

September

October

November

December





















month of: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

			<i>notes</i>
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self care habit tracker

The habit tracker is a semi-circular grid with 31 days on the outer edge and 5 habit categories on the inner edge. The days are numbered from 1 to 31, starting from the top and moving clockwise. The habit categories are numbered 1 to 5, starting from the top and moving clockwise. The grid is divided into 31 rows and 5 columns. The central illustration features a woman with a towel on her head, a bowl of fruit, and a cup of tea.

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
1					
2					
3					
4					
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30					
31					



Things that are working:

Things I want to change:

People to connect with:

Things to let go of:

Parenting focuses:

Ways to serve others:

One way I can improve this month is:

Week of: _____

Monday

morning

afternoon

evening

To do

Tuesday

Wednesday

notes

Thursday

Friday

Saturday

Sunday

meal planning



M

T

W

T

F

S

S

to do list

weekly focus



Last week, I was at my best
when...

Last week, I felt stressed when...

This week, I'll create a routine
around...

This week, in my home, I'll...

notes:



sample schedule

3 to 6 months

sample 1:

7am	Wake up for the day Eat Play
8:30am	Nap
10am	Wake Eat Play
11:30am	Nap
1pm	Wake Eat Play
2:30pm	Nap
4pm	Wake Eat Play
5-5:30pm	Cat nap
7pm	Bath Bedtime routine Eat
7:30pm	Bed Down for the night
10-11pm	Dreamfeed (if desired)
11pm-7am	Night feeds (as needed)

sample 2:

7am	Wake up for the day Eat Play
8:45am	Nap
10:30am	Wake Eat Play
12:15pm	Nap
1:45pm	Wake Eat Play
3:30pm	Nap
5pm	Wake Eat Play
7pm	Bath Bedtime routine Eat
7:30pm	Bed Down for the night
10-11pm	Dreamfeed (if desired)
11pm-7am	Night feeds (as needed)

sample 3:

7am	Wake up for the day Eat Play
9am	Nap
11am	Wake Eat Play
1pm	Nap
3pm	Wake Eat Play
5-5:30pm	Short nap in swing
5:30pm	Wake Eat Play
7pm	Bath Bedtime routine Eat
7:30pm	Bed Down for the night
7:30pm -7am	Night feeds (as needed)

routine brainstorm

Dreamfeed: This is the age range when the dreamfeed is dropped as it becomes more disruptive to sleep.

sample schedule

18 to 24 months

sample 1:

8:30am	Wake up Eat breakfast
9am	Playtime
11am	Lunch
11:30am	Reading time
12pm	Nap
3pm	Wake up Snack
3:30pm	Play until dinner
6pm	Dinner
7pm	Bedtime routine
7:30pm	Bedtime

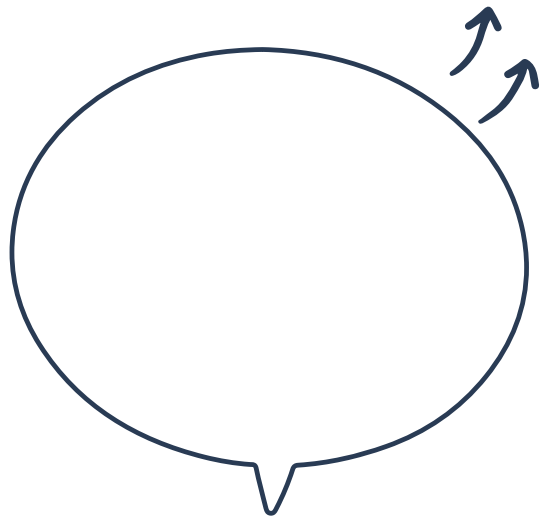
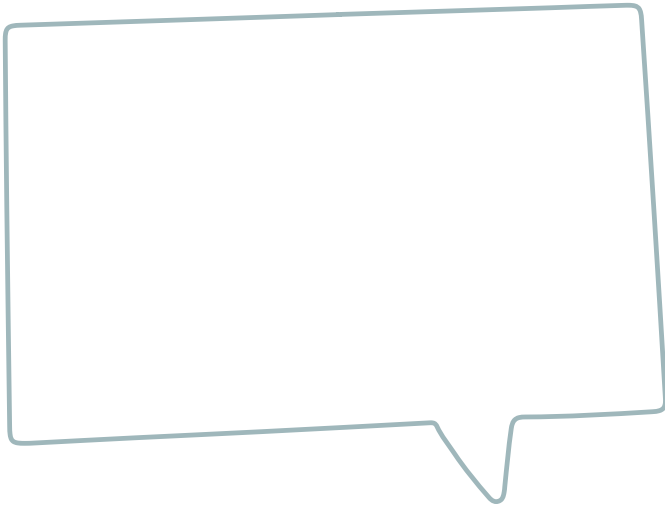
sample 2:

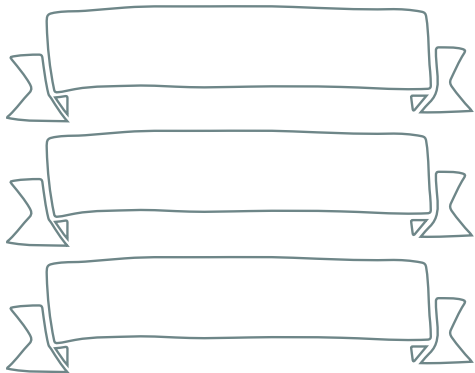
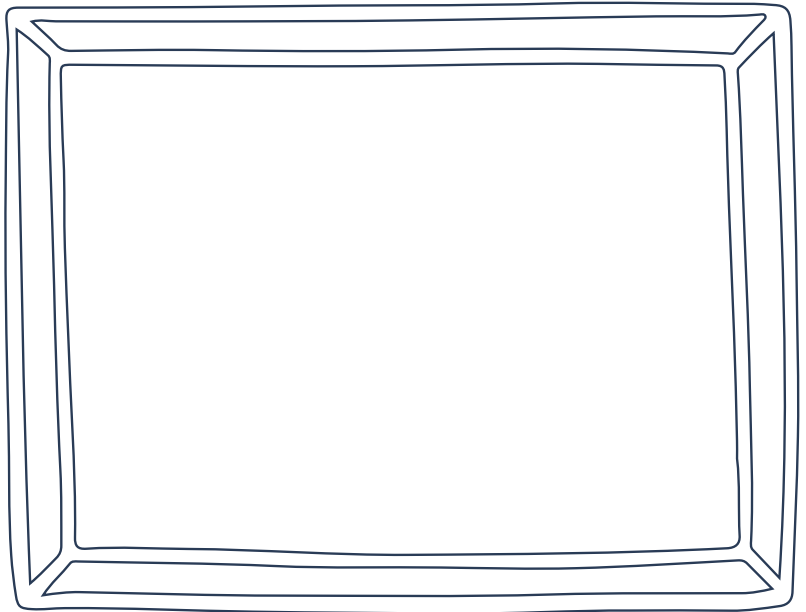
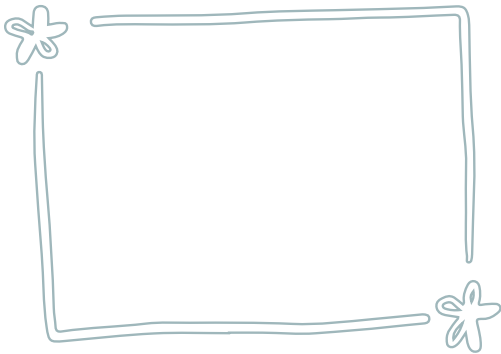
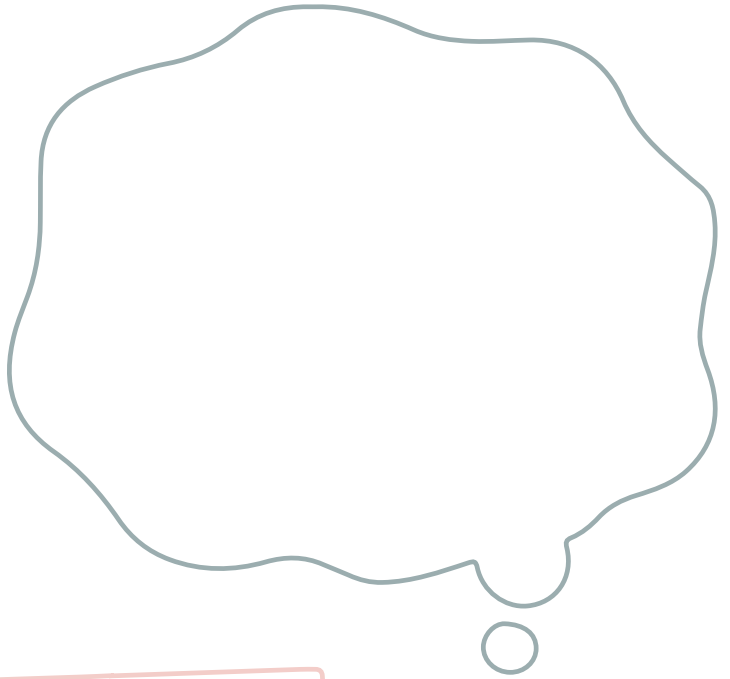
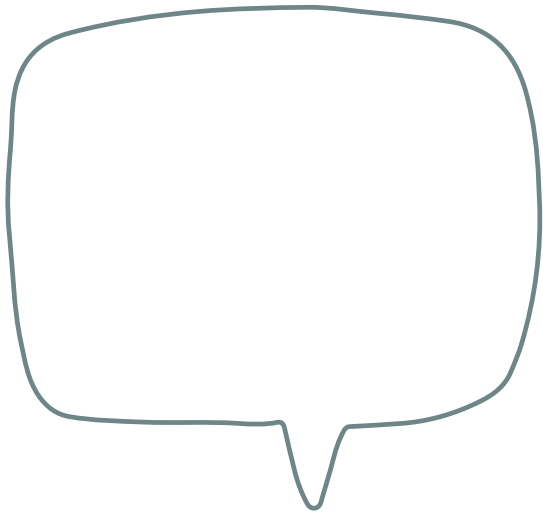
7am	Wake up Eat breakfast
8:30am	Independent play in toddler room
9:30am	Snack Playtime with mom or play groups
11:30am	Lunch
12:30pm	Nap
3pm	Wake up Snack
3:30pm	Park time or play outside
5:30pm	Dinner
7pm	Bedtime routine
7:30pm	Bedtime

sample 3:

6am	Wake up Make bed Get dressed
6:30am	Eat breakfast
7am	Activity time
8am	Free play inside
9am	Independent playtime in room
10am	Snack
10:30am	Chores Playtime Run errands
11:30am	Lunch
12pm	Nap
2-2:30pm	Wake up and eat snack
3pm	Bath
4pm	Screen time or reading
5pm	Dinner
5:30pm	Start bedtime routine
6pm	Bedtime

family quotes and memories





self-care journal prompts

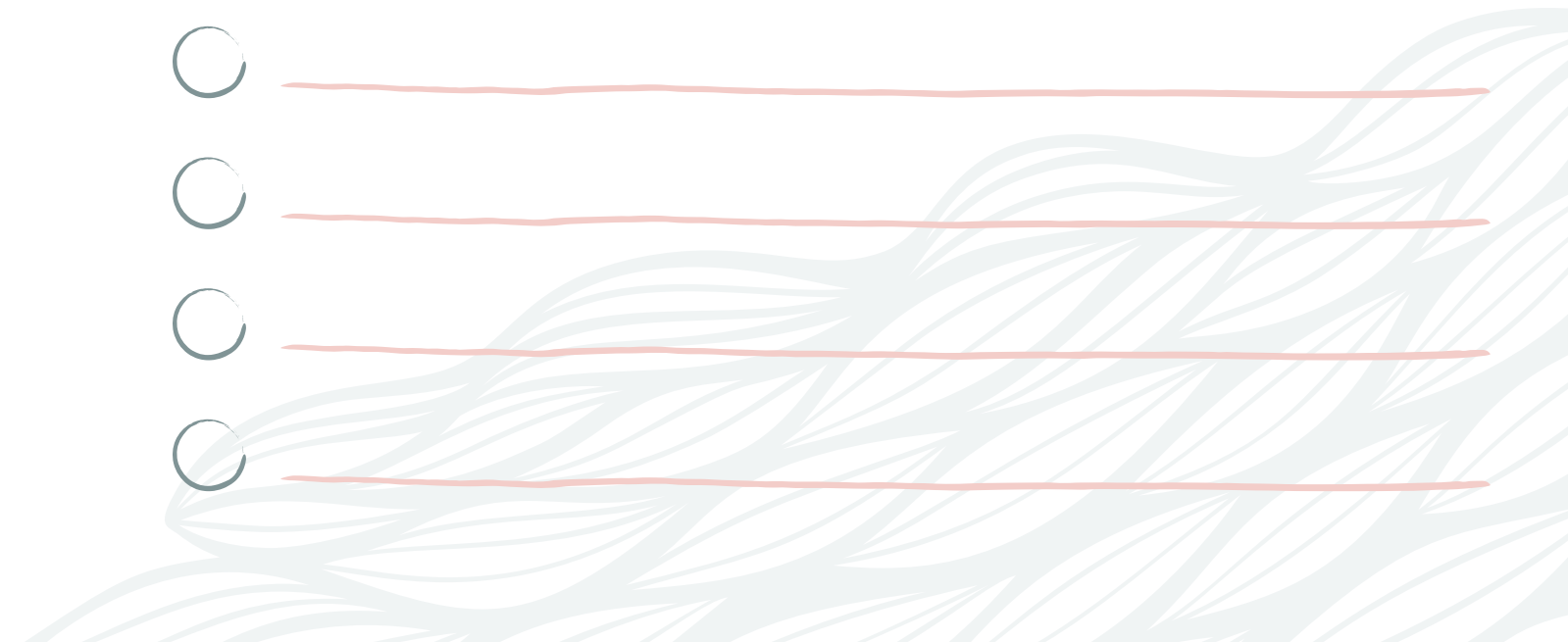


1. Make a list of 10 things you do to relax.
2. Where do you feel safe & loved?
3. When I was a child, I wished...
4. My favorite book of all time and why.
5. Describe your perfect morning.
6. Brainstorm 3 new things you want to try.
7. Write down 10 things you love most about yourself.
8. What are two things that make you feel most happy and fulfilled right now?
9. What can you change to focus more on your wellness?
10. Five things you want to do more often.
11. What would you do if money was over abundant?
12. Your life in 20 years.
13. Which part of your life are you most happy with?
14. What makes you feel loved and cared for?
15. Describe three words others would use most to describe you.
16. Money, family, health how do you prioritize these three things?
17. What is the single best decision you've made this month? This year? In your life?
18. What is something you miss from a time in your past?
19. List your 5 all-time favorite movies and why.
20. What are your three strongest qualities?
21. Write out things you forgive yourself for.
22. Write yourself a thank you letter.
23. I feel the most grounded when...
24. Today I learned....here's how it helped me grow...
25. Three things I look forward to accomplishing and here's how I'll do it.
26. How can you minimize stress?
27. What emotions are you currently struggling with?
28. Are you getting enough sleep? How can you get more?
29. What is something negative or toxic I can do without today?
30. What do I deserve to feel more healthy?
31. What are some ways you can add more movement into your day?
32. Describe a dream you had recently.
33. What puts you in a good mood?
34. What is your perfect evening routine?
35. When you think about happiness what is the first thing, event, dream or person that comes to mind?
36. Who do you need to forgive?
37. Write down reasons you trust yourself.
38. How do your kids inspire you?

evening routine

brainstorm

- Review to do list for tomorrow
- Do a "brain dump" to clear your head
- Pick out tomorrow's outfit
- Prepare for tomorrow morning (e.g. set out breakfast)
- Do an evening sweep and tidy common areas
- Turn off screen at least 30 minutes before bedtime
- Read a book or do another relaxing activity
- _____
- _____
- _____
- _____
- _____



tidy routine

brainstorm 

- Wipe down mirrors with a glass cleaner
- Wipe down bathroom counter tops and sinks
- Scrub the toilet bowl
- Wipe kitchen counters
- Set dishwasher on self-cleaning cycle
- Microwave your wet kitchen sponge with essential oils to kill bacteria and clean the microwave
- Shake off the welcome mat



