

Goals and Routines Worksheet

When setting goals, make them specific so you know if you accomplished them and small so that you set yourself up for success.

Goal	Number of times	Time Period

Now, let's make a daily schedule. First make a list of things that you want to fit into your family's day. You can also add things that are important to you, but don't have to be done every day.

Here are some items to consider as you make your schedule:

- What time do we wake up, get dressed, and have breakfast, lunch, and dinner?
- Where does everyone do their work?
- Are there times for learning, exercise and breaks?
- What are parents' working times? When can they be interrupted?
- Is there time to discuss the day?
- What do we want to do for fun and to relax?
- For what activities, like screen time, do we need to set a timer to track and limit use?
- When is family time? What are we doing for family time?
- When is bedtime? Do we get enough sleep?

Things to do every day:
Things to do every week:

Then decide what needs to be done in the morning, afternoon, and evening.

Morning:
Afternoon:
Evening:

Here is an hour by hour schedule

	Kid's Schedule		Parent Schedule
Time	Category	Task	(Available: Yes/No)
6:00			
7:00			
8:00			
9:00			
10:00			
11:00			
12:00			
1:00			
2:00			
3:00			
4:00			
5:00			
6:00			
7:00			
8:00			
9:00			
10:00			