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The Weekly Rhythm

The part of the week that repeats. Fill it in once, then update only the lines that change.

CAREGIVER

Caregiver _____ **Started** _____

Kids (names and ages) _____

STANDING WEEKLY SCHEDULE

Days and hours covered _____

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

School or daycare hours _____

Drop-off and pickup owner by day _____

Standing activities _____

Nap or quiet time _____ **Snack and meal times** _____

EACH KID'S ROUTINE

One block per kid. Repeat it for each child you watch.

Kid _____ **Nap or rest** _____ **Settles with** _____

Snacks that are a yes _____ **Screen limit** _____

Allergies and meds _____ **Full health sheet** _____

Good to know _____

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Snacks that are a yes _____ **Screen limit** _____

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Good to know _____