

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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Good to know _____