

Week at a Glance Care Sheet

Write the constants once, then fill one short line per day. Print it or fill it in first, then keep it where the kids can see it.

■ SAME EVERY DAY

The parts that do not change. Write them once.

Kids _____ Week of _____ to _____

Parents reachable this week _____ time zone _____

Wake by _____ Out the door by _____ Breakfast _____

Morning meds _____ dose _____ time _____

Evening meds _____ dose _____ time _____

Screens allowed _____ cutoff _____

Bedtimes, by kid _____ Wind-down (bath, teeth, books) _____

■ WHAT CHANGES EACH DAY

	CAMP / SCHOOL	DROP	PICKUP (WHO)	DINNER	EVENING	DIFFERENT TODAY
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						