IOWA Health and Human Services

Daily Schedule Worksheet

With a little planning, you can create a schedule to help your family balance all of the various things that happen in a day.

Activity:

Consider specific tasks you and your family need to do daily. It is helpful to get specific about *when* and *how* you plan to do them. Who is responsible for the task?

Consider:

- Wake up times and bedtimes
- Meals including prep and clean up
- Hygiene routines
- Chores
- School and work
- Kids activities
- Exercise and self-care
- Designated homework time
- Family time
- Travel time

Time	Name:	Name:	Name:	Name: