

LIFE-AT-HOME BLOCK SCHEDULE

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	1	2	1	2	1	2	1	2	1	2	1	2	1	2
8 AM														
10 AM														
12 PM														
2 PM														
4 PM														
6 PM														
8 PM														
10 PM														

KEY:

1 = _____
 # 2 = _____

= _____
 = _____

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How to personalize this chart:

1. Have a conversation with the adults in your home to decide which hours you would like to use for work, devotions, self-care, etc.
*This allows one adult to manage other daily responsibilities like meals, virtual school, children, helping neighbors, etc. While the other adult is able to make progress with responsibilities that are causing tension, like work, devotions, and self-care.
2. For adult #1, fill in the hours that you are working on Monday, then Tuesday, and Wednesday, and so on.
3. For adult #2, fill-in the hours that you are working on Monday, then Tuesday, and Wednesday, and so on.
4. Using a highlighter or marker block the hours that someone else, perhaps a child or teenager, has responsibilities that must be managed. i.e. chores, school, etc.
5. Using another highlighter, block a small amount of time each day to do chores as a team.
6. *Continue to highlight as needed.
7. Complete the key so that the blocked hours and highlighted times are understandable by just looking at the chart.
8. Follow the plan, so everyone knows what to expect, each morning.

Note: We are flexible! For example, the 8am hour is filled for my husband on weekdays though he may not start working until 8:42am. We aren't rushed by the schedule. It's a guide that allows for processing during crisis, binge watching Netflix and goal setting all together.

Cheering you on my friends!