





















Family Weekly Study Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Time	Column1	Column2	Column3	Column4	Column5
6:00-7:00	Mom's free time 	Mom's free time 	Mom's free time 	Mom's free time 	Mom's free time 
7:00-8:15	Kids - wake up, breakfast,	tidy up, get dressed, 	stretch, 10 min meditaion,	settle into separate study	areas to attend classes
8:15-9:00	Kids Math / Mom Psy101	Kids Math/Mom HIST107	Kids Math/ Mom Psy101	Kids Math/Mom HIST107	Kids Math/ Mom Psy101
9:00-10:00	Kids Social Studies Mom Psy101	Kids Math/Mom HIST107	Kids Social Studies Mom Psy101	Kids math/Mom HIST107	Kids Social Studies Mom Psy101
10:00-10:15	10:00, 15 minute break check that kids are on task	10:00, 15 minute break check that kids are on task	10:00, 15 minute break check that kids are on task	10:00, 15 minute break check that kids are on task	10:00, 15 minute break check that kids are on task
10:15-10:45	Kids Science Mom SPCH101	Kids Science Mom ENGL101	Kids Science Mom SPCH101	Kids Science Mom ENGL101	Kids Science Mom SPCH 101
10:45-11:30	Kids Reading and grammer Mom SPCH101	Kids Reading and grammer Mom ENGL101	Kids Reading and grammer Mom SPCH101	Kids Reading and grammer Mom ENGL101	Kids Reading and grammer Mom SPCH101
11:30-12:15	Kids English/Mom free time	Kids English/Mom free time	Kids English/Mom free time	Kids English/Mom free time	Kids English/Mom free time
12:15-1:30	12:15-1:30 lunch/freetime	12:15-1:30 lunch/freetime	12:15-1:30 lunch/freetime	12:15-1:30 lunch/freetime	12:15-1:30 lunch/freetime
1:30-2:30	art or music 	art or music 	art or music	art or music 	art or music
2:30-3:30	homework/project time	homework/project time	homework/project time	homework/project time	homework/project time
3:00-4:00	Snack-free time/exercise	Snack-free time/exercise	Snack-free time/exercise	Snack-free time/exercise	Snack-free time/exercise
4:00-5:00	 family time	family time	family time	family time	family time
5:00-6:00	Kids help make dinner 	Kids help make dinner 	Kids help make dinner 	Kids help make dinner 	Kids help make dinner 
6:00-7:00	clean up, chores, play	clean up, chores, paly	clean up, chores, play	clean up, chores, play	clean up, chores, play

Time	Column1	Column2	Column3	Column4	Column5
7:00-8:00	<i>Kid's bedtime, quiet reading</i>	<i>Kid's bedtime, quiet reading</i>	<i>Kid's bedtime, quiet reading</i>	<i>Kid's bedtime, quiet reading</i>	<i>Kid's bedtime, quiet reading</i>
8:00-9:00	Mom time for classwork/Canvas check-in	Mom time for classwork/Canvas check-in	Mom time for classwork/Canvas check-in	Mom time for classwork/Canvas check-in	Mom time for classwork/Canvas check-in
9:00-10:00	Mom/study or free time	Mom/study or free time	Mom/study or free time	Mom/study or free time	Mom/study or free time
10:00-11:00	Mom's bedtime 	Mom's bedtime 	Mom's bedtime 	Mom's bedtime 	Mom's bedtime 
weekends	catch up on things you	didn't do during the week	family time, play time	laugh and love time	maybe a little study time

