



FAMILY PLANNER

A Calmer Week Together

A simple family plan • Week: _____

DAY	PLANS & TIMES	ONE IMPORTANT THING
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

Time just for us:



MEALS & SHOPPING

What's on the Menu?

Plan meals that suit your family and make a shopping list.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Shopping List

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FAMILY TASKS

Sharing the Tasks

Small tasks, clear responsibilities and better teamwork.

Name: _____

My task: _____

When? _____ With help from: _____

Name: _____

My task: _____

When? _____ With help from: _____

Name: _____

My task: _____

When? _____ With help from: _____

Name: _____

My task: _____

When? _____ With help from: _____

A small achievement this week:

Choose tasks to suit everyone's age and abilities. Keep the plan simple and adapt it when needed.