

# COVID-19 Family Action Plan

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## Schedule

Keep your family on track during your time at home by building a daily schedule together. Use your strengths of teamwork and fairness to make sure everyone contributes and has time for their individual priorities.

### Morning

8:00 - 9:00am

9:00 - 10:00am

10:00 - 11:00am

11:00 - 12:00pm

12:00 - 1:00pm

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

4:00 - 5:00pm

### Evening

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## Family Intentions

You may already have some house rules your family follows regularly. Take this opportunity to revisit those or create some based on your family values and your priorities during this time.

Screen Time  
Family Time  
Exercise Time

Mindful Time  
Meal Time  
Other Time

- Do one kind thing for another family member each day.
- Try Beech Acres Parenting Center's daily activities.

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## Family Goals

What would you like to get done over the next few weeks?

I will learn to...

I will clean....