



# STAYING ALIGNED EXAMPLE

## WEEKLY PLAN

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Martin</b>	Sunday Funday: Bike around lake 3-6 Prep for weekly dinners	Work from Home Take Liv to ballet	Office 7-4:30 Take Liv to ballet	Office 8-5	Office 8-5 Work Dinner	Work from Home	Ava's soccer game
<b>Maria</b>	Sunday Funday: Bike around lake 3-6 Prep for weekly dinners	Office 8-5	Office 8-5	Office 7:30-3:30 Pick up Ava at school/take to soccer	Office 7:30-4:30 Take Liv to ballet	Work from Home Drop off Liv on way to dinner	Ava's soccer game
<b>Ava</b>		Study for Math test Science project	Math test Science project	Science project due	Study for History test	History test	
School							
Sports		Soccer 4-5:30 (get ride from friend)		Soccer 4-5:30			10-11 soccer game
Fun	Sunday Funday: Bike around lake					Movie with friends (ride with friends)	Karaoke night with friends at house
Chores	3-6 Prep for weekly dinners	Dishes	Garbage Night	Dishes			Clean Room
<b>Liv</b>		Daily Homework	Daily Homework	Permission Slips Due	Daily Home-work		
School							
Sports		Ballet 5-6	Ballet 5-6		Ballet 5-6		
Fun	Sunday Funday: Bike around lake					Sleep over at Sally's	2pm - Back from Sally's (Sally's mom to bring home)
Chores	3-6 Prep for weekly dinners	Set Table	Set Table Dishes	Set Table	Set Table Dishes		Clean Room
Dinner Plans	6:30pm	6:30pm	6:30pm	6:30pm	Martin/Liv Get get take out dinner on way back from ballet	Marie/ Martin Date Night	Pizza