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Family daily schedule template



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T O D A Y ' S S C H E D U L E

daily schedule

Date / day · _____

6–8am Morning · _____

8–12 Late morning · _____

12–2 Midday · _____

2–5 Afternoon · _____

5–7 Evening · Dinner: ____pm _____

7–9 Wind down · Screens off: ____pm Bed: ____pm

A S C H E D U L E D D A Y I S A C A L M E R D A Y

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