



Family Meal Routine Planner

PAGE 1 | A FLEXIBLE EXAMPLE FOR BUSY WEEKNIGHTS

Three simple parts to repeat

BEFORE DINNER
Give a short heads-up
Set plates + water

AT THE TABLE
Share the meal if possible
Keep it low-pressure

AFTER DINNER
Clear what you can
Save leftovers safely

Example: one workable week

These are sample options, not rules. Change the times and days to fit your family.

DAY	DINNER APPROACH	ONE THING TO MAKE IT EASIER
MON	Shared 6:00-6:30	Set the table together
TUE	Split timing	Save a portion for the late arrival
WED	Shared 6:00-6:30	Keep setup simple
THU	Backup night	Use an easy, familiar meal
FRI	Flexible	Choose dinner timing that evening

When the night goes sideways
Choose one backup meal you can serve with little effort.
Keep the same tiny routine: set up, eat, quick reset.

Aim for something repeatable, not a perfect dinner every night.

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PAGE 2 | MAKE YOUR OWN ONE-WEEK ROUTINE

Week of: _____ Usual dinner window: _____

Our best shared-meal nights (choose what is realistic):

☐ Mon
 ☐ Tue
 ☐ Wed
 ☐ Thu
 ☐ Fri

Plan the evening, not a complicated menu

Shared = eat together Split = different times Backup = very simple dinner

DAY	SHARED / SPLIT / BACKUP	TIME / ONE SMALL HELPFUL STEP
MON	_____	_____
TUE	_____	_____
WED	_____	_____
THU	_____	_____
FRI	_____	_____

Our repeatable three-part routine

BEFORE Short setup (who helps?) _____
DURING A simple time to connect _____
AFTER Five-minute reset _____

Our backup dinner idea: _____