

# Family Time Goal Weekly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## Instructions:

- ◆ Each week set your goals for family time.
  - ◆ Set a time for the whole family to do something together.
  - ◆ Set separate times for each of you children to get time 1 on 1 with their parent.
  - ◆ List the time and if possible what you plan to do.
  - ◆ Even just 15 minutes of 1 on 1 time with each child will have a major impact.
  - ◆ Make the goals reachable and start small and work up each week!

