The Wild Life Prevention and Recovery Centers

Step 4 - HomeMaking Plan

or “[The Family After Word](https://www.aa.org/sites/default/files/2021-11/en_bigbook_chapt9.pdf)” (The Choice is Yours)

“We could not manage our own lives.” – Alcoholics Anonymous

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Role | Name (Initial) | Stats | Take-Home Pay | Benefits |
| Primary Breadwinner | Father (F) | 25-year-old Male This is the age my Dad was when I was born. | Enough for 2 adults, 3 kids, 1 vacation a year, healthcae, 2 shopping trips a year for clothes, and Christmas. | RetirementHealthcarePaid Time OffCompany Stock |
| Primary Caregiver | Mama (M) | 23-year-old FemaleThis is the age my Mom was when my twin sister and I were born. She already had my brother. He had just turned 2. I see what she went through now when I look at this schedule. | $0 | $0 |
| Au-Pair/Nanny | None |  |  |  |
| Grandma | None in the area. |  |  |  |
| Maid | None |  |  |  |
|  |  |  |  |  |
| Child 1 | 1 | 2-year-old Boy (Teddy) |  |  |
| Child 2 | 2 | Newborn Girl Twin (Kelly) |  |  |
| Child 3 | 3 | Newborn Girl Twin (Martha) |  |  |
| Child 4 | 4 | Hypothetical SchoolKid 4 |  |  |
| Child 5 | 5 | Hypothetical SchoolKid 5 |  |  |
| Child 6 |  |  |  |  |
| Child 7 |  |  |  |  |
| Child 8 |  |  |  |  |
| Child 9 |  |  |  |  |
| Child 10 |  |  |  |  |
| Child 11 |  |  |  |  |
| Child 12 |  |  |  |  |
| Child 13 |  |  | ` |  |
| Child 14 |  |  |  |  |

Family Goals:

1. We will do no harm to ourselves—even in hard times.
2. We will do no harm to each other—even in hard times.
3. We will do no harm to people not in our family—even in hard times.
4. We will work together to solve problems—even in hard times.
5. We will teach our kids all those tasks on this list by showing them happily how to do them—even in hard times.

Directions:

1. \_\_\_\_ Each adult/roommate/able child should separately complete “Who Will Do What When.” (This is my first try and I haven’t given it to my partner yet.)
2. \_\_\_\_ The family/house will get together and work to finalize “Who Will Do What When”
3. \_\_\_\_ Initial NA = Not Applicable for Tasks that do not apply; for example, I have no kids, so I put NA for all kid tasks

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Task List | MON | TUE | WED | THU | FRI | SAT | SUN |
|  | THE DAILY SCHEDULE |  |  |  |  |  |  |  |
| 12:00 a.m. | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | NA |  |  |  |  |  |  |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | NA |  |  |  |  |  |  |
| 3:00 a.m. | Clean up Toddler Vomit and Comfort Toddler | NA |  |  |  |  |  |  |
| 4:00 a.m. | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | NA |  |  |  |  |  |  |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | NA |  |  |  |  |  |  |
| [5:00 a.m.](https://www.southcarolinapublicradio.org/) | Wake up in Time to Have Fun Morning | M | M | M | M | M | M | M |
|  | Play,Comfort,Clean,MakeCoffee for us both | M | M | M | M | M | M | M |
|  | Quiet Adult Time Together | J M | J M | J M | J M | J M | J M | J M |
|  | Make Beds | M | M | M | M | M | M | M |
|  | [Yoga/Meditate/QiGong for at least 10 Minutes](https://www.youtube.com/channel/UCV4k7vNCcyPcwN7QIbPr8eA/playlists) | M | M | M | M | M | M | M |
|  | Morning Meeting (Adult Priorities for the Day) |  |  |  |  |  |  |  |
| 6:00 a.m. | [Home Group Meeting](https://www.gnarcans.com/schedules-of-events-copy-copy-2) | M | M | M | M | M | M | M |
|  | Wake up SchoolKids | NA |  |  |  |  |  |  |
|  | Wake up Toddler | NA |  |  |  |  |  |  |
|  | Feed,Read,Play,Comfort,Clean,Diaper Toddler | NA |  |  |  |  |  |  |
|  | Make Toddler Beds | NA |  |  |  |  |  |  |
|  | Get Toddler Dressed | NA |  |  |  |  |  |  |
| 7:00 a.m. | Exercise, Feed, Water, ScoopPoop for Pets | M |  | M | M | M | M | M |
|  | Feed and Water the Birds | M |  | M | M | M | M | M |
|  | Roll Out Garbage and Recycling Bins | NA |  |  |  |  |  |  |
|  | [Yoga/Meditate/QiGong for at least 10 Minutes](https://www.youtube.com/channel/UCV4k7vNCcyPcwN7QIbPr8eA/playlists) | M |  | M | M | M | M | M |
|  | [BSWAustralia – AMG Online Meditation Class](https://bswa.org/event/armadale-meditation-tuesday-5-apr-2022/) |  | M |  |  |  |  |  |
|  | [Meditate Together (Any hour on the hour)](https://www.mindfulleader.org/meditate-together) | M | M | M | M | M |  |  |
| 7:40 a.m. | [The Buddhist Society London Meditation](https://www.thebuddhistsociety.org/page/lunchtime-meditation) | M |  |  |  | M |  |  |
| 8:00 a.m. | BREAKFAST HOUR (All phones off) |  |  |  |  |  |  |  |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Toddler | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Make Family Breakfast | M | M | M | M | M | M | M |
|  | Set the Family Breakfast Table | M | M | M | M | M | M | M |
|  | Eat Family Breakfast (“What brings you joy?”) | J M | J M | J M | J M | J M | J M | J M |
|  | Get Backpacks and Bag Lunches Ready | Pay | Nanny | Something | Other | Than | “Gorilla | Glue” |
|  | Walk, Bike, Drive, Bus SchoolKids to School | Pay | Bus | Drivers | Guards | A | Livable | Wage |
| 8:40 a.m. | The Buddhist Society of London - Meditation | M |  |  |  | M |  |  |
| 9:00 a.m. | START: SCHOOL, WORK, & HOUSEKEEPING: | Pay | All | School | Personnel | A | Livable | Wage! |
|  | Clean Up Breakfast | M | M | M | M | M | M | M |
|  | Feed,Read,Play,Comfort,Clean,Diaper Toddler | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Go get Energy Drinks, Hardware, Fishing Stuff | J | J | J | J | J | J | J |
|  | Go to the gym | J | J | J | J | J | J | J |
|  | Go to breakfast, write off meal, “Networking” | J | J | J | J | J | J | J |
|  | Work on boat, make another desk, masturbate | J | J | J | J | J | J | J |
|  | Prep meals for the week | M |  |  |  |  |  |  |
|  | Clean Kitchen Counters and Tables |  | M |  |  |  |  |  |
|  | Clean Stove/Oven  |  | M |  |  |  |  |  |
|  | Clean Microwave/Kitchen Appliance(s)  |  | M |  |  |  |  |  |
|  | Clean Refrigerator  |  |  |  | M |  |  |  |
|  | Clean Bathroom 1: Toilet, Sink, Bath, Floor |  | M |  |  |  |  |  |
|  | Clean Bathroom 2: Toilet, Sink, Bath, Floor | Pay | Maid | A | Livable | Wage | J? | J? |
|  | Clean Bathroom 3: Toilet, Sink, Bath, Floor | Pay | Maid | A | Livable | Wage |  |  |
|  | Clean Bathroom 4: Toilet, Sink, Bath, Floor | Pay | Maid | A | Livable | Wage |  |  |
|  | Clean Bathroom 5: Toilet, Sink, Bath, Floor | Pay | Maid | A | Livable | Wage |  |  |
|  | Dust/Polish/Sweep/Vacuum/Mop Den 1 |  | M |  |  |  |  |  |
|  | Dust/Polish/Sweep/Vacuum/Mop Den 2 | Pay | Maid | A | Livable | Wage |  |  |
|  | Dust/Polish/Sweep/Vacuum/Mop Office | Pay | Maid | A | Livable | Wage | J? | J? |
| 9:00 a.m. | Dust/Polish/Sweep/Vacuum/Mop Bedroom 1 |  | M |  |  |  |  |  |
| (continued) | Dust/Polish/Sweep/Vacuum/Mop Bedroom 2 | Pay | Maid | A | Livable | Wage | J? | J? |
|  | Dust/Polish/Sweep/Vacuum/Mop Bedroom 3 | Pay | Maid | A | Livable | Wage | J? | J? |
|  | Dust/Polish/Sweep/Vacuum/Mop Bedroom 4 | Pay | Maid | A | Livable | Wage |  |  |
|  | Dust/Polish/Sweep/Vacuum/Mop Bedroom 5 | Pay | Maid | A | Livable | Wage |  |  |
|  | Launder Bed Linens and Make Beds |  |  | M |  |  |  |  |
|  | Wash/Dry Laundry  |  |  | M |  |  |  |  |
|  | Fold Laundry  |  |  | M |  |  |  |  |
|  | Put Laundry Away in Rooms/Dressers/Closets  |  |  | M |  |  |  |  |
|  | Launder Bed Linens and Make Beds |  |  | M |  |  |  |  |
|  | Wash/Dry Laundry  |  |  | M |  |  |  |  |
|  | Clean Refrigerator  |  |  |  | M |  |  |  |
|  | Grocery |  |  |  | JM |  |  |  |
|  | Vacuum/Wash Car(s)  | Pay | Detailer | A | Livable | Wage | J M | J M |
|  | Oil Change and Car Maintenance | Pay | Mechanic | A | Livable | Wage | J M | J M |
|  | Vacuum/Wash Boat(s)  | Pay | Detailer | A | Livable | Wage | J M | J M |
|  | Clean and Maintain the Dock | Pay | Service | A | Livable | Wage | J M | J M |
|  | Mow Lawn, Rake Leaves, Trim Walkways | Pay | LawnBoy | A | Livable | Wage | M? | M? |
|  | Plant, Weed, Prune, Shovel Yard  | Pay | LawnBoy | A | Livable | Wage? | M? | M? |
|  | Pay Bills:  |  |  |  |  |  |  |  |
|  |  Food |  |  |  |  |  | J,M |  |
|  |  Family Recreation |  |  |  |  |  | J |  |
|  |  Fishing and Other Hobbies/Avocations |  | J | J | J | J | J | J |
|  |  Alcohol | NA |  |  |  |  |  |  |
|  |  Drugs | NA |  |  |  |  |  |  |
|  |  Babyshitter | NA |  |  |  |  |  |  |
|  |  Rental Application Fee | NA |  |  |  |  |  |  |
|  |  Rental Reservation Fee | NA |  |  |  |  |  |  |
|  |  Rental Floorplan Deposit | NA |  |  |  |  |  |  |
|  |  Rental 1st and last Month Deposit | NA |  |  |  |  |  |  |
|  |  Rental Laundry Deposit | NA |  |  |  |  |  |  |
|  |  Rental Pet Fee | NA |  |  |  |  |  |  |
|  |  Utility Connection Fee | NA |  |  |  |  |  |  |
|  |  Moving Truck Rental | NA |  |  |  |  |  |  |
|  |  Movers | Pay | All | Manual | Labor | A | Livable | Wage |
|  |  Homeowner’s Mortgage |  |  |  |  |  | ? | ? |
|  |  Homeowner’s Insurance |  |  |  |  |  | ? | ? |
|  |  Homeowner’s Property Taxes |  |  |  |  |  | ? | ? |
|  |  Student Loan (His) | NA |  |  |  |  |  |  |
|  |  Student Loan (Hers) |  |  |  |  |  | M? | M? |
|  |  Car Loan (His) | NA |  |  |  |  |  |  |
|  |  Car Loan (Hers) | NA |  |  |  |  |  |  |
|  |  Car Loan (Kid 1) | NA |  |  |  |  |  |  |
|  |  Car Loan (Kid 2) | NA |  |  |  |  |  |  |
|  |  Car Insurance (His) |  |  |  |  |  | J | J |
|  |  Car Insurance (Hers) |  |  |  |  |  | J? | J? |
|  |  Car Insurance (Kid 1) | NA |  |  |  |  |  |  |
|  |  Car Insurance (Kid 2) | NA |  |  |  |  |  |  |
|  |  Car Maintenance/Repairs (His) | Pay | Mechanic | Clerical | All Shop | A | Livable | Wage |
|  |  Car Maintenance/Repairs (Hers) | Pay | Mechanic | Clerical | All Shop | A | Livable | Wage |
|  |  Car Maintenance/Repairs (Kid 1) | NA |  |  |  |  |  |  |
|  |  Car Maintenance/Repairs (Kid 2) | NA |  |  |  |  |  |  |
|  |  Car Tax/Tag/Title (His) |  |  |  |  |  | J | J |
|  |  Car Tax/Tag/Title (Hers) |  |  |  |  |  | J? | J? |
|  |  Car Tax/Tag/Title (Kid 1) | NA |  |  |  |  |  |  |
|  |  Car Tax/Tag/Title (Kid 2) | NA |  |  |  |  |  |  |
|  |  Gas (His) |  |  |  |  |  | J | J |
|  |  Gas (Hers) |  |  |  |  |  | J? | J? |
|  |  Gas (Kid 1) | NA |  |  |  |  |  |  |
|  |  Gas (Kid 2 | NA |  |  |  |  |  |  |
|  |  Phone (His) |  |  |  |  |  | J | J |
|  |  Phone (Hers) |  |  |  |  |  | J? | J? |
|  |  Phone (Kid 1 | NA |  |  |  |  |  |  |
|  |  Phone (Kid 2) | NA |  |  |  |  |  |  |
|  |  Electric Bill |  |  |  |  |  | J? | J? |
|  |  Gas Bill |  |  |  |  |  | J? | J? |
| 9:00 a.m. |  Water Bill |  |  |  |  |  | J? | J? |
| (continued) |  Sewer Bill |  |  |  |  |  | J? | J? |
|  |  Trash/Sanitation Bill | Pay | Sanitation | A | Livable | Wage | J? | J? |
|  |  Cable Bill |  |  |  |  |  | J? | J? |
|  |  Wireless Bill |  |  |  |  |  | J? | J? |
|  |  Makeup and Toiletries |  |  |  |  |  | J? | J? |
|  |  Pet Food |  |  |  |  |  | Trade for | EBTStamp |
|  |  Pet Litter |  |  |  |  |  | Trade for | EBTStamp |
|  |  Pet Boarding | NA |  |  |  |  |  |  |
|  |  Pet Shots |  |  |  |  |  | Trade for | EBTStamp |
|  |  Pet Doctor |  |  |  |  |  | Trade for | EBTStamp |
|  |  Doctor Bills (His) |  |  |  |  |  | J | J |
|  |  Doctor Bills (Hers) |  |  |  |  |  | J? | J? |
|  |  Doctor Bills (Twin 1) | NA |  |  |  |  |  |  |
|  |  Doctor Bills (Twin 2) | NA |  |  |  |  |  |  |
|  |  Doctor Bills (Toddler) | NA |  |  |  |  |  |  |
|  |  Doctor Bills (Kid 4) | NA |  |  |  |  |  |  |
|  |  Doctor Bills (Kid 5) | NA |  |  |  |  |  |  |
|  |  Labor/Business Licenses & Certifications | NA |  |  |  |  |  |  |
|  |  Continuing Ed. Licenses & Certifications | NA |  |  |  |  |  |  |
|  |  Prescriptions (His) |  |  |  |  |  | J | J |
|  |  Prescriptions (Hers) |  |  |  |  |  | J | J |
|  |  Haircuts and Manicures (His) | Pay | Salon | A | Livable | Wage? | Never | Never |
|  |  Haircuts and Manicures (Hers) | I | Never | Get | My | Hair | Done | Anymore |
|  |  Botox and Facial Products (His) | NA |  |  |  |  |  |  |
|  |  Botox and Facial Products (Hers) | I  | Like | These | They | Are | Expensive | J |
|  |  Shoes and Clothes (His) | He | Brings | Home | Something | New | All The | Time |
|  |  Shoes and Clothes (Hers) | I | Never | Shop | For | Clothes | But | Should |
|  |  Gym Memberships (His) |  |  |  |  |  | J | J |
|  |  Gym Memberships (Hers) |  |  |  |  |  | J? | J? |
|  |  Vacation (His) |  |  |  |  |  | J | J |
|  |  Vacation (Hers) | I | Haven’t | Had | A | Vacation | In | Years |
|  |  Vacation (Family) | He | Should | Spend | His $ | On | His | Kids |
|  |  Vacation Savings | He | Should | Spend | His $ | On | His | Kids |
|  |  Retirement Savings (His) | He | Has | A | Corporate | Package | Plus | Stock |
|  |  Retirement Savings (Hers) | I | Will | Only | Have | Social | Security | M |
|  |  Child Support to Prior Families |  |  |  |  |  | J | J |
|  |  Alimony to Prior Spouses |  |  |  |  |  | J | J |
|  |  Probation Fees |  |  |  |  |  | M | M |
|  |  Attorney Fees (His) |  |  |  |  |  | J | J |
|  |  Attorney Fees (Hers) |  |  |  |  |  | M | M |
|  |  Fine and Court Fees |  |  |  |  |  | M | M |
|  |  Credit Card Debt |  |  |  |  |  | M? | M? |
|  |  IRS Debt/Back Taxes |  |  |  |  |  | M? | M? |
|  |  Hospital Debt |  |  |  |  |  | M? | M? |
|  |  Healthcare Debt |  |  |  |  |  | M? | M? |
|  |  Health Insurance (His) |  |  |  |  |  | J | J |
|  |  Health Insurance (Hers) | I | Cannot | Afford | Health | Insurance | FREE | CLINIC |
|  | Balance Checking and Savings Accounts  |  |  |  |  |  | J? M | J? M |
|  | Take Trash Bin to the Dump  | J M |  |  |  |  |  | J M |
|  | Take Recycling Bin to the Dump  | J M |  |  |  |  |  | J M |
|  | Home Maintenance & Repairs  | Pay | Construction | A | Livable | Wage? | J M | J M |
|  | Write to Family, Friends, Politicians  | M | M | M | M | M | M | M |
|  | Recreation | J | J | J | J | J | J M | J M |
|  | Attend Mental Health |  |  |  |  | M |  |  |
|  | His Mom: Entertain and Comfort | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Mom: Clean/Housekeeping | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Mom: Shop and Cook | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Mom: Pay Bills, Budget, and Plan | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Mom: Healthcare Visits | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Mom: Pet Care | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Dad:  | His | Dad | Is | Deceased. |  |  |  |
|  | Her Mom: Entertain and Comfort | If she’d let | me I’d live  | with her | and do it | Every | Day | M |
|  | Her Mom: Clean/Housekeeping | If she’d let | me I’d do  | with her | and do it | Every | Day | M |
|  | Her Mom: Shop and Cook | If she’d let | me I’d do  | with her | and do it | Every | Day | M |
|  | Her Mom: Pay Bills, Budget, and Plan | If she’d let | me I’d do  | with her | and do it | Every | Day | M |
|  | Her Mom: Healthcare Visits | If she’d let | me I’d do  | with her | and do it | Every | Day | M |
|  | Her Mom: Pet Care | If she’d let | me I’d do  | with her | and do it | Every | Day | M |
|  | Her Dad: | His Wife & | Her Live-in | Daughter | “She’s more | of a daughter | to me than | you are.” -Dad |
|  | His Disabled Sibs: Entertain,Clean,Cook,Bills,Drs | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | Her Disabled Sibs: Entertain,Clean,Cook,Bills,Dr | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | His Disabled Kids: Entertain,Clean,Cook,Bills,Drs | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
|  | Her Disabled Kids:Entertain,Clean,Cook,Bills,Drs | Pay | Nurses | Caregivers | & Assisted | Living A | Livable | Wage |
| 10:00 a.m. | [Won Online Meditation Class](https://www.youtube.com/c/WonDharmaCenter) |  |  |  |  |  |  | M |
| 11:00 a.m. | Break: Protein Dose (eat 8 almonds) | J M | J M | J M | J M | J M | J M | J M |
|  | Mass with [Pope](https://www.vatican.va/content/francesco/en/events/year.dir.html/2022.html) or Church at [Central Methodist](https://www.facebook.com/centralumcspartanburg/videos/?ref=page_internal) |  |  |  |  |  |  | M |
| 12:00 p.m. | [Heartwood Online Meditation Class](https://heartwoodrefuge.org/embracing-simplicity-sangha-activities/) |  | M |  | M |  |  | M |
| 12:30 p.m. | [Yoga/Meditate/QiGong for at least 10 Minutes](https://www.youtube.com/channel/UCV4k7vNCcyPcwN7QIbPr8eA/playlists) | M | M | M | M | M | M | M |
| 1:00 p.m. | LUNCH HOUR (All phones off and elsewhere) |  |  |  |  |  |  |  |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Toddler | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Make Family Lunch | M | M | M | M | M | M | M |
|  | Set the Family Lunch Table | M | M | M | M | M | M | M |
|  | Eat Family Lunch (“What brings you joy?”) | M | M | M | M | M | M | M |
| 2:00 p.m. | RETURN TO WORK/HOUSEKEEPING  | See  | Tasks | From | 9a to 1p | M |  |  |
|  | Clean Up Lunch | M | M | M | M | M | M | M |
|  | Pick up Toddler | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Grocery | Pay | Farmers | A  | Livable | Wage | NO! | SUGAR!! |
|  | Family Meeting |  |  |  |  |  | J M | J M |
|  | Relax & Recreate (Fish,Swim,Bike,Badminton) |  |  |  |  |  | J M | J M |
| 3:00 p.m. | Pick up Kids | NA |  |  |  |  |  |  |
|  | Transport to Lessons and Practice | Pay | Teachers | And | Tutors | A | Livable | Wage |
| 4:00 p.m. | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | Pay | Daycares | And | Preschools | A | Livable | Wage |
|  | Monitor After School Break/Play with Kids | Pay | After | School | Care | A | Livable | Wage |
|  | Monitor Homework  | Pay | After | School | Care | A | Livable | Wage |
|  | Monitor Cell Phone and Video / Game Time  | Pay | After | School | Care | A | Livable | Wage |
|  | [Meditate With the Kids](https://www.mindfulleader.org/meditate-together) (M Leads on Mondays) | M | M | M | M | M | M | M |
| 5:00 p.m. | Exercise or Attend Kids’ Games and Recitals | NA |  |  |  |  |  |  |
|  | Play With, Walk, Train the Pets and Scoop Poop | M | M | M | M | M | M | M |
|  | Feed and Water Plants | ? | ? | ? | ? | ? | ? | ? |
|  | [Yoga/Meditate/QiGong for at least 10 Minutes](https://www.youtube.com/channel/UCV4k7vNCcyPcwN7QIbPr8eA/playlists) | M | M | M | M | M | M | M |
|  | Shower and Primp | M | M | M | M | M | M | M |
| 6:00 p.m. | DINNER HOUR (All phones off and elsewhere) |  |  |  |  |  |  |  |
|  | Date Night |  |  |  |  | J M | J M | J M |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | Pay | Grandma? | And | Sitters | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | Pay | Grandma? | And | Sitters | A | Livable | Wage |
|  | Feed,Read,Play,Comfort,Clean,Diaper Toddler | Pay | Grandma? | And | Sitters | A | Livable | Wage |
|  | Make Family Dinner and Lunches for Tomorrow | Pay  | Farmers | Cooks | Waiters | A | Livable | Wage |
|  | Set the Family Dinner Table | M | M | M | M | M |  |  |
|  | Eat Family Dinner (“Tell me something good.”) | J M | J M | J M | J M | J M | J M | J M |
|  | Clean Up Dinner while John Reads to Me | Pay  | Busboys | Dishwashers | Janitors | A | Livable | Wage |
| 7:00 PM | OFF KIDS’ WIRELESS SVC/CONFISCATE PHONES | NA |  |  |  |  |  |  |
|  | Family Meeting (Say anything. We can work it out!) | NA | If You | Don’t | They | Won’t | Respect | You |
|  |  Play with Kids | NA | If You | Don’t | They | Won’t | Respect | You |
|  |  Bathe Kids | NA | If You | Don’t | They | Won’t | Respect | You |
|  |  Brush and Floss Kids Teeth | NA | If You | Don’t | They | Won’t | Respect | You |
|  |  Read & Snuggle with Kids! | NA | If You | Don’t | They | Won’t | Respect | You |
|  |  Tuck Kids into Bed! | NA | If You | Don’t | They | Won’t | Respect | You |
| 8:00 pm | Feed,Read,Play,Comfort,Clean,Diaper Twin 1 | NA | If You | Don’t | They | Won’t | Respect | You |
|  | Feed,Read,Play,Comfort,Clean,Diaper Twin 2 | NA | If You | Don’t | They | Won’t | Respect | You |
|  | Self-Care/AdultTime | J M | J M | J M | J M | J M | J M | J M |
| 9:00 pm | Lights Out: Which parent is On Duty tonight?  | NA |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  | Monthly Tasks: |  |  |  |  |  |  |  |
|  | Health and Mental Health Planning/Budgeting | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Private School Education Planning/Budgeting  | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | College Education Planning/Budgeting | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Graduate School Planning/Budgeting | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Retirement Planning/Budgeting  | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Birthday/Holiday Planning/Budgeting  | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Living Will/Will/Funeral Planning | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Are we meeting Our Goals for Our Family? | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  | Do we need to tweak something? | Should | We | Do | This  | 1st | Sundays | J M 3:00? |
|  |  |  |  |  |  |  |  |  |
|  | Yearly Tasks: |  |  |  |  |  |  |  |
|  | Santa Claus is coming to town!Can we afford it? |  |  |  |  |  |  |  |