

~ Weekly Schedule – Week 1 ~

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Work	E – Off D – Off	E – Work D – Off	E – P/C D - Off	E – Work D - Off	E – Off D - Off	Off
Food	Jacket potato Spag bol	Scrambled eggs Hello Fresh	Beans on toast Chicken pie	Eng muffin pizzas Hello Fresh	Soup Fish and chips	Leftovers / Pasta Hello Fresh/ Roast
Home	Level 1 jobs Living room	Level 1 jobs Bedrooms	Level 1 jobs Entrance and Halls	Level 1 jobs Kitchen	Level 1 jobs Kids rooms	Level 1 jobs
Kids	Reading Writing Time capsule	Reading Maths / shapes Adventure walk	Reading Science Scrapbook	Reading Language / Coms Animal/carwash	Reading Art Box cars Games night	Reading Free play :)
Physical Activity	Joe Wicks PE	Joe Wicks PE	Joe Wicks PE	Joe Wicks PE	Joe Wicks PE	Dance Party
Self-Care	Fresh air Blogging / writing	Fresh air Listen to a Podcast	Fresh air Friends check-in	Fresh air Drawing / Painting	Fresh air Date night	Fresh air Family check-in Mini pamper
Notes / Projects	Fix Garden Fence Garage clear out	Paint upstairs hallway P/C Business Plan	Organise P/C OneDrive Files	Blog plan for April		