

~ Weekly Schedule ~

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Work	E - P/C D - Off	E - "office" D - Off	E - P/C D - Off	E - "office" D - Off	E - Off D - Off	E - Off D - Off
Food	Jacket potato Spag bol	Scrambled eggs Bangers and mash	Beans on toast Chicken pie	Eng muffin pizzas Veggie curry	Soup Fish and chips	Leftovers / Pasta / Roast
Home	Level 1 jobs Living room	Level 1 jobs Bedrooms	Level 1 jobs Entrance / Halls	Level 1 jobs Kitchen	Level 1 jobs FF:Master b/room	Level 1 jobs Garden / projects
Kids	Reading Writing Dinosaur models Chores	Reading Maths / shapes Adventure walk Chores	Reading Science Scrapbook Chores	Reading Language / Coms Construction site Chores	Reading Art Rock painting Chores	Reading Free play :) Games / quiz / film night
Physical Activity	Home workout / Family walk	Adventure walk E: Run	Home workout / Family walk	Adventure walk E: Run	Home workout / Family walk	Dance party
Self-Care	Fresh air Blogging / writing	Fresh air Podcast	Fresh air Friends check-in	Fresh air Drawing / Painting	Fresh air Home date night	Fresh air Family check-in Mini pamper
Notes / Projects	Organise P/C OneDrive Files Decorate kitchen Draft e-book Clear out office / paperwork					