

FAMILY SCHEDULE PLANNER (printable)

). livenear



	AM	PM	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

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HOW TO USE:

- · Plan your week every Sunday evening as a family
- Fill the AM and PM with family fitness and/or other activities
- Complete you dinner plan for the week + this saves time on shopping and thinking + everyone is aware and less questions occur.
- Place in a visual area for all to see 1 simply sticky tape mine to pantry door.
- · Choose someone in the family to decorate planner
- · Write in your takeaway food night too.



IDEAS FOR B. FAMILY FITNESS

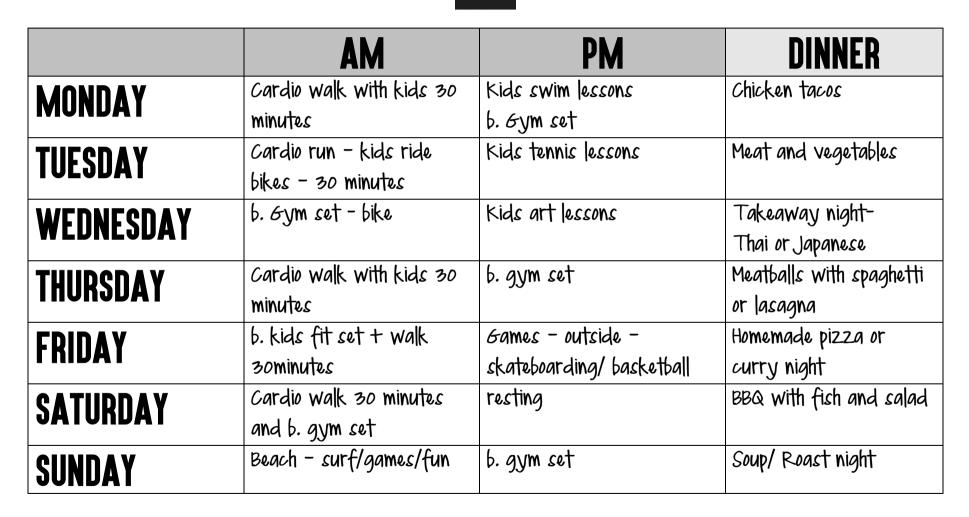
- · Walks, runs, beach walk, forest walks, bike rides, skateboard, scooter
- b.fit kids
- · swim, ski, surf, tennis, football, throw and catch
- family games tree tag, tiggy, hide and seek
- b.livewear fitness channel YouTube



IDEAS FOR B. HEALTHY DINNER

- chicken soft tacos
- roast dinner
- · bbg fish and salad
- · homemade soup and flat bread dipping sticks
- meat and vegetable mash
- pita bread pizzas
- roast vegetable salad
- homemade chicken sticks with vegetables
- · fish curry and rice

b. actual real life EXAMPLE



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