

Family Balance Planner

This planner is designed to help your family create gentle rhythms, share the load, and find balance in daily life. Use it as a guide to simplify routines, delegate tasks, and protect time for connection and rest.

Weekly Rhythm

Fill in anchors or recurring activities that give your family structure without over-scheduling.

Day	Morning Anchor	Afternoon Anchor	Evening Anchor
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Delegation Chart

Assign roles to share the household load fairly. Even small contributions from children matter!

Task	Parent 1	Parent 2	Child(ren)	Outsource/Other
Laundry				
Meals				
School Runs				
Tidying				
Shopping				
Playdates				

Self-Care Prompts

Choose 2–3 simple practices each week that help you regulate and recharge:

Practice	When?	Notes
Enjoy a hot drink in peace		
Step outside for fresh air		
Read a few pages of a book		
Short walk / stretch		
Call or text a friend		