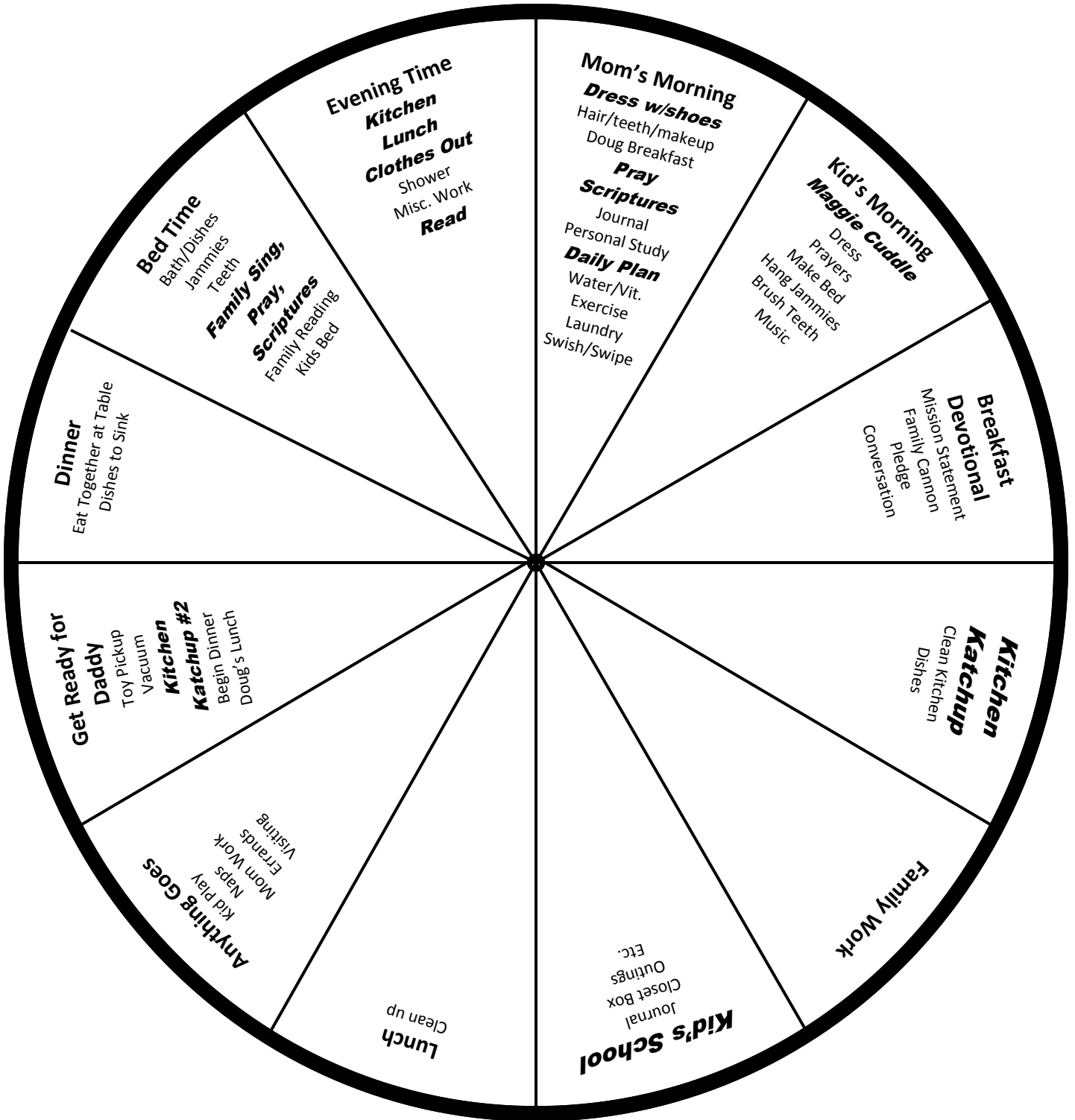


Family Chunk Clock Example



Routine/Schedule Example

Current Routine	Ideals
5:30 Dad up	Kids up
6:30 Dad to work	Daily dos
7:00 Mom up Get Jill ready for school	Breakfast
8:15 Leave for school	Daily chores
9:30 Typical breakfast Chores sometimes School/Lunch Usually 3x's week it's lunch before school Go somewhere—errands, send kids to play and Do personal study/piano, or fix up project, school (2 x)	School
3:15 Jill home from school Clean up and get ready for dinner (if crossed out 1/2 to do list then feel good, if commitments in evening then little more stressed)	Reading, mom share
5:00 Dad home Get dinner on, talk	Lunch
5:30-6 Eat dinner If not going anywhere relax, talk, work on some thing, read story	Free time/mom study/group activity
7:30 Bedtime routine starts unless go out 1- 3x's week If out read scriptures in car and pray so can get to bed. Nurse baby, clean dishes, visit, do planning, do piano practice (not really consistent)	Clean up
10:30 Bed	Start dinner
	Eat dinner 5:30
	Clean up dinner
	Family time/reading/church/fhe/date
	Bed by 8 start 7:30
	Couple meeting
	Personal study
	Bed by 10
	Feel like too many things not getting done (to do list/ daily things like brush teeth)
	Need to get scriptures done
	Not getting self together in morning
	Things not happening that should on daily/weekly basis (laundry, floor mopped, garbage out, beds not made, sheets not changed, not personally presentable)
	Children need routine (get fully dressed, say prayer, brush teeth, make bed, pick up your stuff)
	Unfinished projects around house
	Need more connection with husband in evening

Assignment Outline

1. Create a T graph. Label the left side “Current Schedule.” Label the right side “Ideals.” List your current schedule on the left side of the graph. Be as detailed as possible.
2. On the right side of the T graph list your ideal schedule, including the feelings and cultural elements you’d like to be part of your family.
3. Look at your current schedule and identify areas that are not positive for your family, or you would like to change. Circle these.
4. Identify chunks of tasks, using both sides of your T graph, that naturally go together. Create an outlined list.
5. Go through your outlined Chunk List and highlight the most important Chunks and tasks within chunks.
6. Consider any engaging names you can use in your Chunk List.
7. Put your Family Chunk Clock on paper and get it up.