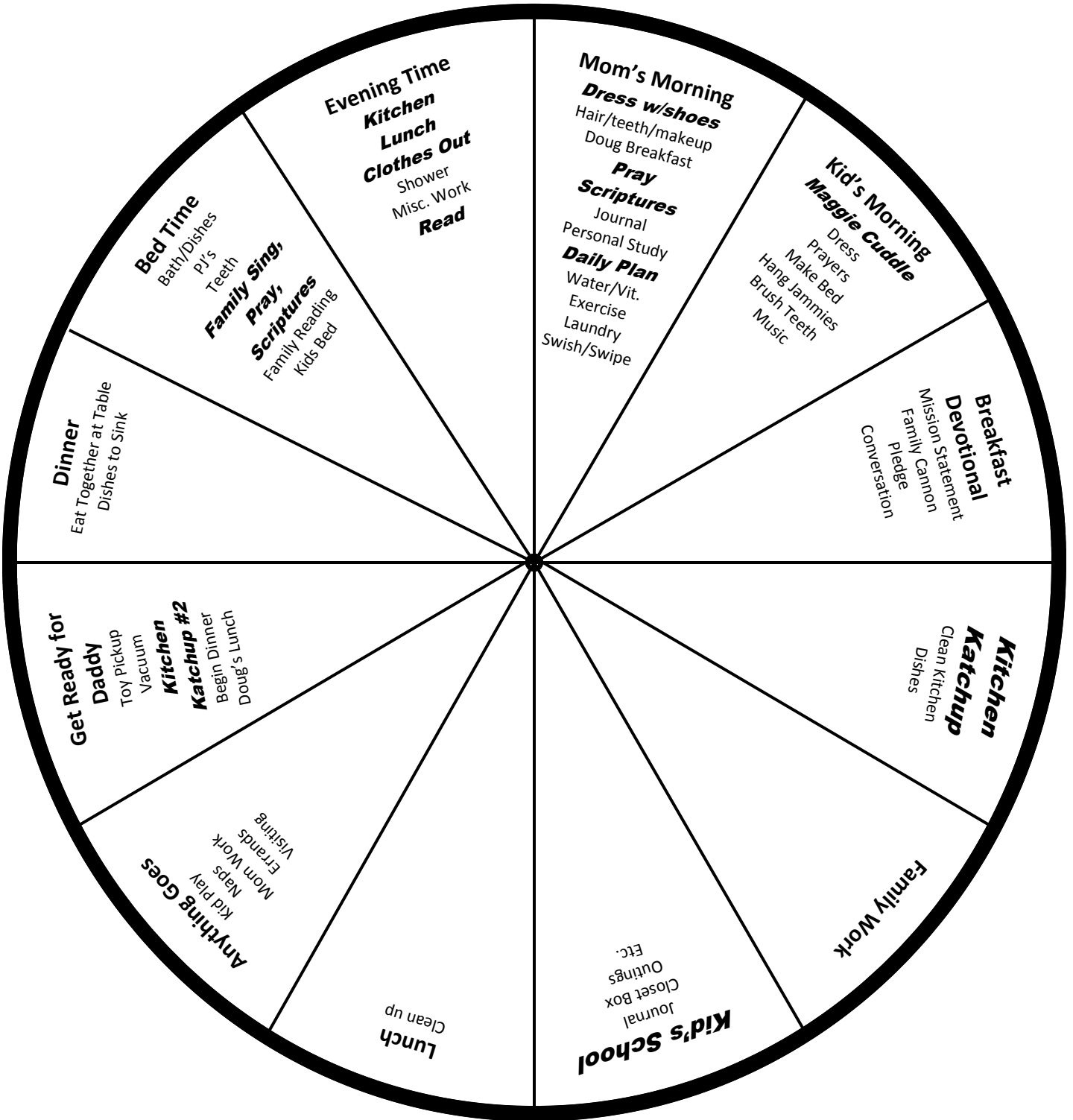


Family Chunk Clock Example



Routine/Schedule Example

Current Routine	Ideals
5:30 Dad up	Kids up
6:30 Dad to work	Daily dos
7:00 Mom up	Breakfast
Get Jill ready for school	Daily chores
8:15 Leave for school	School
9:30 Typical breakfast	Reading, mom share
Chores sometimes	Lunch
School/Lunch	Free time/mom study/group activity
Usually 3x's week it's lunch before school	Clean up
Go somewhere—errands, send kids to play and	Start dinner
Do personal study/piano, or fix up project,	Eat dinner 5:30
school (2 x)	Clean up dinner
3:15 Jill home from school	Family time/reading/church/fhe/date
Clean up and get ready for dinner	Bed by 8 start 7:30
(if crossed out ½ to do list then feel good, if	Couple meeting
commitments in evening then little more	Personal study
stressed)	Bed by 10
5:00 Dad home	Feel like too many things not getting done (to do list/ daily things like brush teeth)
Get dinner on, talk	Need to get scriptures done
5:30-6 Eat dinner	Not getting self together in morning
If not going anywhere relax, talk, work on some	Things not happening that should on daily/weekly basis (laundry, floor mopped, garbage out, beds not made, sheets not changed, not personally presentable)
thing, read story	Children need routine (get fully dressed, say prayer, brush teeth, make bed, pick up your stuff)
7:30 Bedtime routine starts unless go out 1-	Unfinished projects around house
3x's week	Need more connection with husband in evening
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	
10:30 Bed	

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.