

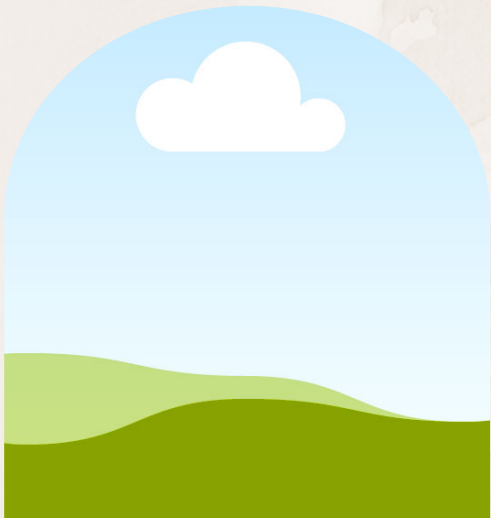
THE
Riley Family
PLANNER

Amanda Velez ©

FAMILY MEMBERS

Amanda Velez ©

PARENT
PARENT'S NAME



LIKES

DISLIKES

PARENT
PARENT'S NAME



LIKES

DISLIKES

FAMILY MEMBERS

Amanda Velez ©

CHILD

CHILD'S NAME

"nickname"



LIKES

1. _____
2. _____
3. _____

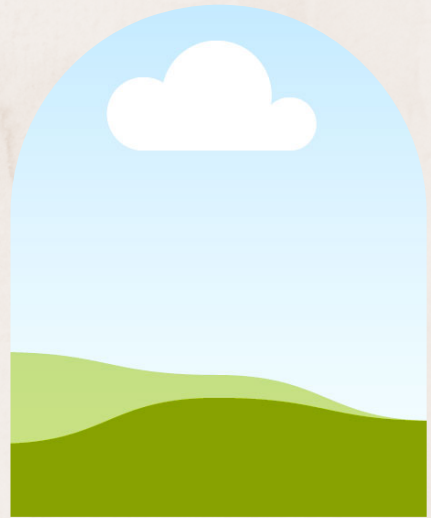
DISLIKES

1. _____
2. _____
3. _____

CHILD

CHILD'S NAME

"nickname"



LIKES

1. _____
2. _____
3. _____

DISLIKES

1. _____
2. _____
3. _____

STAFF MEMBERS

Amanda Velez ©

HOUSEKEEPER

NAME



LIKES

1. _____
2. _____
3. _____

DISLIKES

1. _____
2. _____
3. _____

NANNY

NAME



LIKES

1. _____
2. _____
3. _____

DISLIKES

1. _____
2. _____
3. _____

DAILY ROUTINE

Amanda Velez ©

START THE DAY WITH A REFRESHING WAKE-UP ROUTINE

BRUSH TEETH, WASH FACE, AND FRESHEN UP

ENJOY A HEALTHY, BALANCED BREAKFAST

CHOOSE YOUR OUTFIT FOR THE DAY

KEEP THE BEDROOMS TIDY

STRAIGHTEN UP COMMON AREAS

START WORK OR SCHOOL TASKS

TAKE SHORT BREAKS TO STRETCH AND RELAX

REFUEL WITH A NUTRITIOUS LUNCH

CONTINUE WORK OR SCHOOL TASKS

SPEND QUALITY TIME WITH LOVED ONES

GET SOME FRESH AIR AND MOVE YOUR BODY

COMPLETE HOUSEHOLD CHORES

PLAN AND PREPARE DINNER

ENJOY A FAMILY DINNER TOGETHER

ENGAGE IN BONDING ACTIVITIES

UNWIND WITH RELAXATION TECHNIQUES

LIMIT SCREEN TIME BEFORE BED

FOLLOW A CALMING BEDTIME ROUTINE

REST AND REJUVENATE FOR THE NEXT DAY

CHORE CHECKLIST-DAILY

Amanda Velez ©

MONDAY

- ☐ VACUUMING
- ☐ DUSTING
- ☐ LAUNDRY

TUESDAY

- ☐ DISHWASHING
- ☐ SWEEPING
- ☐ DECLUTTERING

WEDNESDAY

- ☐ CLEAN BATHROOM
- ☐ TRASH DISPOSAL
- ☐ ORGANIZING

THURSDAY

- ☐ PET CARE
- ☐ DUSTING
- ☐ LAUNDRY

FRIDAY

- ☐ CHANGE LINENS
- ☐ MOPPING
- ☐ FRIDGE CLEANUP

SATURDAY

- ☐ YARD WORK
- ☐ WINDOWS
- ☐ BILL MANAGEMENT

SUNDAY

- ☐ FAMILY CLEANING TIME
- ☐ MEAL PREP FOR THE WEEK

NOTES

CHORE CHECKLIST

Amanda Velez ©

KITCHEN & DINING

- ☐ WIPE COUNTERS & CABINET DOORS
- ☐ SHINE APPLIANCES & SINK
- ☐ CLEAN HOOD-RANGE
- ☐ CLEAN MICROWAVE INSIDE/OUT
- ☐ DUST ON TOP OF FRIDGE & LIGHT
- ☐ CLEAN TABLE & CHAIRS
- ☐ EMPTY & REPLACE GARBAGE
- ☐ VACUUM & MOP

ENSUITE

- ☐ CLEAN COUNTERS, SINK & CABINETS
- ☐ CLEAN MIRROR & LIGHT BAR
- ☐ POLISH FIXTURES
- ☐ CLEAN TOILET INSIDE & OUT
- ☐ CLEAN SHOWER AND/OR BATHTUB
- ☐ STRAIGHTEN OR REPLACE TOWELS
- ☐ CLEAN WALLS & BASEBOARDS
- ☐ EMPTY & REPLACE GARBAGE

MAIN BATHROOM

- ☐ CLEAN COUNTERS, SINK & CABINETS
- ☐ CLEAN MIRROR & LIGHT BAR
- ☐ POLISH FIXTURES
- ☐ CLEAN TOILET INSIDE & OUT
- ☐ CLEAN SHOWER AND/OR BATHTUB
- ☐ STRAIGHTEN OR REPLACE TOWELS
- ☐ CHECK EXHAUST FAN
- ☐ CLEAN WALLS & BASEBOARDS

HALF BATHROOM

- ☐ CLEAN COUNTERS, SINK & CABINETS
- ☐ CLEAN MIRROR & LIGHT BAR
- ☐ POLISH FIXTURES
- ☐ CLEAN TOILET INSIDE & OUT
- ☐ STRAIGHTEN OR REPLACE TOWELS
- ☐ CHECK EXHAUST FAN
- ☐ CLEAN WALLS & BASEBOARDS
- ☐ EMPTY & REPLACE GARBAGE

CHILDRENS' CHORE'S

on weekends

Amanda Velez ©

STACY

NATE

☐

MAKE BED

☐

MAKE BED

☐

**Rinse Dishes/
place in dishwasher**

☐

**Rinse Dishes/
place in dishwasher**

☐

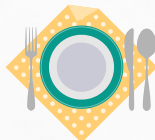
Tidy up room

☐

Tidy up room

☐

Set The Table

☐

Take Out Garbage

☐

Feed Spike

☐

Water Plants



*Each completed item earns you 5 minutes toward your screen time.

*Complete them all & earn an additional 5 Bonus points, for a total of 30 extra minutes.

CHORE CHECKLIST

Amanda Velez®

STAIRCASE & HALLWAYS

- ☐ RAILING & BANNISTER
- ☐ VACUUM/WASH STAIRS
- ☐ TIDY SHOES
- ☐ VACUUM MATS

FAMILY ROOM

- ☐ DUST & DISINFECT
- ☐ TIDY
- ☐ VACUUM COUCHES
- ☐ VACUUM & MOP

BEDROOM ONE

- ☐ DUST & DISINFECT
- ☐ TIDY
- ☐ MAKE BED
- ☐ VACUUM & MOP

LAUNDRY ROOM

- ☐ DUST & DISINFECT
- ☐ CLEAN WASHER & DRYER
- ☐ TIDY
- ☐ EMPTY & REPLACE GARBAGE
- ☐ VACUUM & MOP

BEDROOM TWO

- ☐ DUST & DISINFECT
- ☐ TIDY
- ☐ MAKE BED
- ☐ VACUUM & MOP

MASTER BEDROOM

- ☐ DUST & DISINFECT
- ☐ TIDY
- ☐ MAKE BED
- ☐ VACUUM & MOP

DAILY CHECKLIST

Amanda Velez ©

S (M) T W T F S _____

Priorities

☐ Permission slip for DC trip signed by a parent

☐ Purchase new goggles for Nate

☐ _____

☐ _____

☐ _____

☐ _____

Activities

☐ 3:00pm	<i>Playdate at Ally's</i>
☐ 3:30pm	
☐ 4:00pm	<i>Swimming for Nate</i>
☐ 4:30pm	<i>Soccer for Stacy</i>
☐ 5:00pm	

TO DO:

☒ HOMEWORK CHECK

☒ PREPARE DINNER FOR FAMILY

☐ PACK BACKPACKS

☐ PREPARE LUNCHES, SNACKs & WATER BOTTLES

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

WEEKLY GRATITUDE

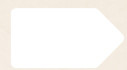
Amanda Velez ©

QUOTE OF THE WEEK

**"Families are like branches on a tree.
We grow in different directions,
but our roots remain the same."**

**Anyone who memorizes the quote by the end of the week gets 20 extra minutes screen time.*

NATURE CONNECTION

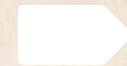


SPEND TIME OUTDOORS TO APPRECIATE NATURE



REFLECT ON THE BEAUTY OF THE NATURAL WORLD

ACTS OF KINDNESS



DO SOMETHING KIND FOR OTHERS AS A FAMILY.



DISCUSS THE IMPACT OF YOUR ACTIONS.

QUALITY TIME



SPEND DEDICATED TIME WITH EACH FAMILY MEMBER



REFLECT ON THE BONDS YOU SHARE



TALK ABOUT THE WEEK'S MEMORABLE MOMENTS

TRAVEL CHECKLIST

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For Adults

CLOTHING

- ☐ TANK TOPS
- ☐ CASUAL TOPS
- ☐ SKIRTS
- ☐ JEANS
- ☐ UNDERWEAR
- ☐ SOCKS
- ☐ PAJAMAS
- ☐ JACKETS
- ☐ SWEATERS
- ☐ SWIMWEAR
- ☐ SANDALS/FLIP FLOPS
- ☐ SNEAKERS
- ☐ HATS
- ☐ SUNGLASSES
- ☐ JEWELRY

TOILETRIES

- ☐ TOOTHPASTE
- ☐ TOOTHBRUSH
- ☐ SHAMPOO
- ☐ CONDITIONER
- ☐ SOAP
- ☐ HAIRBURSH OR COMB
- ☐ DEODORANT
- ☐ SKINCARE

ELECTRONICS

- ☐ PHONE AND CHARGER
- ☐ HEADPHONES
- ☐ LAPTOP/TABLET
- ☐ CAMERA
- ☐ POWER BANK

ESSENTIALS

- ☐ PASSPORT OR ID
- ☐ WALLET AND CASH
- ☐ TRAVEL INSURANCE
- ☐ TRAVEL PILLOW
- ☐ TRAVEL ADAPTER
- ☐ ITINERARY

TRAVEL CHECKLIST

Amanda Velez[©]

For Kids

CLOTHING

- ☐ TANK TOPS
- ☐ CASUAL TOPS
- ☐ SKIRTS
- ☐ JEANS
- ☐ UNDERWEAR
- ☐ SOCKS
- ☐ PAJAMAS
- ☐ JACKETS
- ☐ SWEATERS
- ☐ SWIMWEAR
- ☐ SANDALS/FLIP FLOPS
- ☐ SNEAKERS
- ☐ HATS
- ☐ SUNGLASSES

TOILETRIES

- ☐ TOOTHPASTE
- ☐ TOOTHBRUSH
- ☐ SHAMPOO
- ☐ CONDITIONER
- ☐ SOAP
- ☐ HAIRBURSH OR COMB
- ☐ DEODORANT

KID-SPECIFIC

- ☐ DIAPERS OR PULL-UPS
- ☐ BABY WIPES
- ☐ SNACKS
- ☐
- ☐
- ☐

ENTERTAINMENT

- | | |
|---|---|
| ☐ COLORING BOOKS | ☐ BOOKS |
| ☐ CRAYONS OR MARKERS | ☐ TOYS |
| ☐ GAME CONSOLES | ☐ FAVORITE BLANKET |

SELF CARE

for parents and caregivers

	M	T	W	TH	F	SA	SU
START DAY WITH A GLASS OF WATER	☐	☐	☐	☐	☐	☐	☐
MINDFUL MORNING ROUTINE	☐	☐	☐	☐	☐	☐	☐
30 MINUTES OF EXERCISE	☐	☐	☐	☐	☐	☐	☐
20 MINUTES OF MEDITATION	☐	☐	☐	☐	☐	☐	☐
WRITING IN GRATITUDE JOURNAL	☐	☐	☐	☐	☐	☐	☐
TAKING A RELAXING BATH OR SHOWER	☐	☐	☐	☐	☐	☐	☐

SELF CARE

for children

1 HOUR OF LEARNING SOMETHING NEW	☐	☐	☐	☐	☐	☐	☐
2 HOURS OF UNPLUGGING FROM SCREENS	☐	☐	☐	☐	☐	☐	☐
DAILY AFFIRMATIONS	☐	☐	☐	☐	☐	☐	☐
NATURE WALK	☐	☐	☐	☐	☐	☐	☐
SPEND QUALITY TIME WITH LOVED ONES	☐	☐	☐	☐	☐	☐	☐
GET IN BED BEFORE 10PM	☐	☐	☐	☐	☐	☐	☐

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Self-care Affirmations

for parents and caregivers

1	I recognize that taking care of myself allows me to better care for my/the children.
2	I release the need for perfection and accept that I'm doing my best as a parent/caregiver.
3	I deserve moments of self-care to recharge and rejuvenate my mind, body, and soul.
4	I understand that setting healthy boundaries is vital for my happiness and energy.
5	I allow myself to learn and grow alongside my/the children, practicing patience along the way.
6	I acknowledge and celebrate my achievements, no matter how small.
7	Saying "no" when needed is an act of self-love.
8	It's okay to make mistakes and learn from them.
9	I recognize that seeking help isn't a sign of weakness but a demonstration of strength.
10	I make time for activities that bring me joy and happiness.

Self-care Affirmations

for children

1	There is no one better to be than myself. No one else can be me except me.
2	I am ALWAYS enough.
3	I am an AMAZING person.
4	All of my problems have solutions.
5	I forgive myself when I make mistakes.
6	My challenges help me grow.
7	I choose my own attitude.
8	I believe in myself.
9	My life is beautiful and my future is bright.
10	I am safe and cared for.