

Extracurricular Time Worksheet

Child	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____
	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____
	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____
	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____	_____ ACTIVITY _____ to _____

Questions to Consider:

- How many family meals can we have a week?
- Is there enough time for homework/downtime/playtime for all children?
- How much time are siblings spending in the car?