**Hey there!**

So glad you’ve downloaded this daily schedule template to help your family create a daily schedule that works for YOU.

The right schedule is one that gives you peace of mind, flexibility, comfort, and helps you accomplish your goals.

By the way, I’m Erin Reeder, founder of [The Incremental Mama](https://theincrementalmama.com/) where I help overwhelmed mom gets organized. Not through massive overhauls, but through small sustainable steps.

Because I believe that it’s small steps that lead to the big lasting changes. For instructions on how to use this template, check out the video you can find here:

[**How to Create a Daily Family Schedule When You’re Cooped up**](https://theincrementalmama.com/daily-family-schedule-cooped-up/)

On the next page, you’ll find the template you can edit to your hearts content. Add columns or delet. Merge cells as needed. Add some color!

You’ve got this! Feel free to reach out to me at [erin@theincrementalmama.com](mailto:erin@theincrementalmama.com) with any questions of comments.

Best,

Erin

**DAILY SCHEDULE TEMPLATE**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **MOM** | **DAD** | **KIDS** |
| 6:00 |  |  |  |
| 6:30 |  |  |  |
| 7:00 |  |  |  |
| 7:30 |  |  |  |
| 8:00 |  |  |  |
| 8:30 |  |  |  |
| 9:00 |  |  |  |
| 9:30 |  |  |  |
| 10:00 |  |  |  |
| 10:30 |  |  |  |
| 11:00 |  |  |  |
| 11:30 |  |  |  |
| NOON |  |  |  |
| 12:30 |  |  |  |
| 1:00 |  |  |  |
| 1:30 |  |  |  |
| 2:00 |  |  |  |
| 2:30 |  |  |  |
| 3:00 |  |  |  |
| 3:30 |  |  |  |
| 4:00 |  |  |  |
| 4:30 |  |  |  |
| 5:00 |  |  |  |
| 5:30 |  |  |  |
| 6:00 |  |  |  |
| 6:30 |  |  |  |
| 7:00 |  |  |  |
| 7:30 |  |  |  |
| 8:00 |  |  |  |
| 8:30 |  |  |  |
| 9:00 |  |  |  |
| 9:30 |  |  |  |
| 10:00 |  |  |  |