



FAMILY SCHEDULE PLANNER
(printable)

b. livewear



	AM	PM	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



6.

HOW TO USE:

- Plan your week every Sunday evening as a family
- Fill the AM and PM with family fitness and/or other activities
- Complete your dinner plan for the week + this saves time on shopping and thinking + everyone is aware and less questions occur.
- Place in a visual area for all to see - I simply sticky tape mine to pantry door.
- Choose someone in the family to decorate planner
- Write in your takeaway food night too.



IDEAS FOR B. FAMILY FITNESS

- Walks, runs, beach walk, forest walks, bike rides, skateboard, scooter
- b.fit kids
- swim, ski, surf, tennis, football, throw and catch
- family games - tree tag, tiggy, hide and seek
- b.livewear fitness channel - YouTube

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IDEAS FOR B. HEALTHY DINNER

- chicken soft tacos
- roast dinner
- bbq fish and salad
- homemade soup and flat bread dipping sticks
- meat and vegetable mash
- pita bread pizzas
- roast vegetable salad
- homemade chicken sticks with vegetables
- fish curry and rice



b. actual real life EXAMPLE

	AM	PM	DINNER
MONDAY	Cardio walk with kids 30 minutes	Kids swim lessons b. Gym set	Chicken tacos
TUESDAY	Cardio run - kids ride bikes - 30 minutes	Kids tennis lessons	Meat and vegetables
WEDNESDAY	b. Gym set - bike	Kids art lessons	Takeaway night- Thai or Japanese
THURSDAY	Cardio walk with kids 30 minutes	b. gym set	Meatballs with spaghetti or lasagna
FRIDAY	b. kids fit set + walk 30 minutes	Games - outside - skateboarding/ basketball	Homemade pizza or curry night
SATURDAY	Cardio walk 30 minutes and b. gym set	resting	BBQ with fish and salad
SUNDAY	Beach - surf/games/fun	b. gym set	Soup/ Roast night

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