

Weekly Family Rhythm

Anchor routines to events, not clock times. Fill in what happens **after** each anchor, tape this where everyone walks past, and let the sheet do the remembering.

ANCHOR	MON	TUE	WED	THU	FRI	SAT/SUN
After waking up						
After breakfast						
Getting home						
Before dinner						
After dinner						
Before screens						
Before bed						

Start smaller than feels reasonable. Fill in two rows this week, not seven. A rhythm the family actually follows beats a complete one they ignore. When paper upkeep gets old, the digital version of this sheet lives on a spare tablet at mynestboard.com.

Points Chore Chart

Chores need names attached and rewards that land **now**. One row per chore, circle the day when it is done, tally points on Sunday. Trade points for whatever motivates your crew.

CHORE	WHOSE TURN	POINTS	M	T	W	T	F	S	S

Family streak (color a box each day everything got done):

Rotate the boring chores. When the same kid always has trash duty, the chart dies by Thursday. Swap rows weekly, or let NestBoard rotate them automatically, with points and streaks the kids track themselves on the family screen.