

## Working Parent Daily Stay at Home Action List

### General

- Today's Motivation
- Today's Priority
- Physical activity: aim for at least 30min

### Morning

- Physical activity (nature if possible)
- Relaxation / mindfulness / meditation
- Social media
- Breakfast & Home School lunch boxes

### Morning - Work

- Video chat with at least one work colleague
- Set work activity targets
- Identify child breaks:
  - Active attention on children's needs

### Afternoon

- Lunch with child/ren
- Set work activity targets
- Identify child breaks:
  - Active attention on children's needs

### Evening

- Text / message: 1-3 people
- Calls / video chat: 1-3 people
- Alcohol Free Day: Yes / No  
(aim at least 4 alcohol free days/wk)
- Activity with children:
  - jigsaw, board game, baking
- Hobby: jigsaw, reading (focus on self)
- Plan tomorrow's schedule with family input

### Night

- Watch movie/activity on shared platform  
(eg. Netflix Party)
- Quality sleep is good for immune system

### Schedule

<b>Date</b>	
<b>Motivation</b>	
<b>Priority</b>	
<b>Morning: Before Work</b>	
<b>Morning: Work</b>	
<b>Afternoon: Lunch &amp; Work</b>	
<b>Evening</b>	
<b>Night</b>	

## My Daily Stay at Home Action List

### Schedule

<b>Date</b>	
<b>Motivation</b>	
<b>Priority</b>	
<b>Morning: Before Work</b>	
<b>Morning: Work</b>	
<b>Afternoon: Lunch &amp; Work</b>	
<b>Evening</b>	
<b>Night</b>	