# 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**

|  |  |
| --- | --- |
| **Date** |  |
| **Motivation** |  |
| **Priority** |  |
| **Morning: Before Work** | |
|  |  |
| **Morning: Work** | |
|  |  |
| **Afternoon: Lunch & Work** | |
|  |  |
| **Evening** | |
|  |  |
| **Night** | |
|  |  |

# My Daily Stay at Home Action List

**Schedule**

|  |  |
| --- | --- |
| **Date** |  |
| **Motivation** |  |
| **Priority** |  |
| **Morning: Before Work** | |
|  |  |
| **Morning: Work** | |
|  |  |
| **Afternoon: Lunch & Work** | |
|  |  |
| **Evening** | |
|  |  |
| **Night** | |
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