

Fruitful Village Family Rhythm Planner

One shared weekly view for calendars, meals, ownership, rest, and connection.

Week of	This week's family priority	What can wait
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Day	Appointments / work / school	Dinner	Handoff / owner
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

The Shared Week

Move reminders out of one person's head.

Recurring responsibilities

Responsibility	Owner	When	Backup

Prep once

- ☐ Check calendar and transportation
- ☐ Choose meals and groceries
- ☐ Refill medicines / care supplies
- ☐ School and work items
- ☐ Laundry needed for the week
- ☐ One household reset

Family Check-In

Ten honest minutes can prevent many invisible handoffs.

What is happening this week?

Where will we need help or flexibility?

Who owns each moving part?

How will we practice accountability rooted in Christ?

Tell the truth, keep ownership clear, repair what is missed, and extend grace without making one person carry everything.

Our rest window 	Our connection point
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