

Family Time Table

Time	Monday to Thursday	Friday	Saturday & Sunday
5:45 a.m.	Wake up and kneel down and pray beside bed	Wake up and kneel down and pray beside bed	
5:50 a.m.	Wash face, clean teeth, drink glass of room-temperature water	Wash face, clean teeth, drink glass of room-temperature water	
6:00 a.m.	Personal devotion, bath, personal needs	Personal devotion, bath, personal needs	
6:20 a.m.	Make up bed and room. First chores of the day.	Make up bed and room. First chores of the day.	
6:35 a.m.	Family devotion	Family devotion	
6:50 a.m.	Get ready for school/work. Breakfast is prepared	Get ready for school/work. Breakfast is prepared	
7:15 a.m.	Breakfast	Breakfast	
7:30 a.m.	Leave for school	Leave for school	7:30 a.m. Wake up. Personal care and devotion
8:00 a.m. to 3:30 p.m.	School time/Work time	School time/Work time	8:00 a.m. Sabbath keepers get ready for church and continue with Sabbath activities for the rest of the day.
4:00 to 4:45 p.m.	Arrive at home and chill time. Change clothing, relax, play, eat.	Arrive at home and chill time. Change clothing, relax, play, eat. (Sabbath Keepers prepare for the Sabbath)	Sunday worshipers get ready for church and enjoy a day of spiritual activities. <i>On Sundays everyone make time to prepare for work and school.</i>
4:45 to 5:15 p.m.	Household chores, school clothing preparation	Household chores	Others schedule household chores, relaxation, fun-time, work, shopping throughout the day and at least 1.5 hours of school work/study for the children. Adults enjoy a time of reading and sharing with friends and relatives.
5:15 to 6:45 p.m.	Homework, review, read	Homework, review, read (Sabbath Keepers prepare for the Sabbath)	Bed time between 9:00 p.m. to midnight depending on age.
6:45 p.m.	Eat (optional), chill	Eat (optional) chill (<i>Devotion at sunset for Sabbath keepers</i>)	
7:30 p.m.	Toddlers: Bed time <i>Infant bedtime at 6:30</i>	Toddlers: Bed time	
7:30 p.m.	Teenagers: Study, research, plan, organizer	Teenagers: Study, research, plan, organizer. (<i>Relaxation, fellowship for Sabbath keepers</i>)	
8:45 p.m.	Teenagers: Bedtime	Teenagers: Bedtime	