

Day Planner:

Breakfast (Cereal and fruit, eggs, bacon, and grits, or leftovers—having an idea of what is available or planned can solve many problems and reduce anxiety):

Time: \_\_\_\_\_ — \_\_\_\_\_.

Description:

Who's Responsible?:

Who's Attending?:

Expectation:

Morning / Full-day Activity (Take time to write down the plans for the morning, even if it denotes free-time):

Time: \_\_\_\_\_ — \_\_\_\_\_.

Description:

Who's Responsible?:

Who's Attending?:

Expectation:

Lunch (If doing a full-day activity, make sure lunch is included. Oftentimes, the staff at an activity location will have lunch suggestions, so be sure to ask when getting information.):

Time: \_\_\_\_\_ — \_\_\_\_\_.

Description:

Who's Responsible?:

Who's Attending?:

Expectation:

Afternoon Activity (If there are no specific activities planned, this time is great for couples or smaller family groups to break off for relaxing time, i.e. spa, golf, walk, etc.)

Time: \_\_\_\_\_ — \_\_\_\_\_.

Description:

Who's Responsible?:

Who's Attending?:

Expectation:

Dinner (When planning dinners for vacation, make sure to plan at least 1 dinner together as uninterrupted "together time". We also suggest using dinner as a "device free" time.):

Time: \_\_\_\_\_ — \_\_\_\_\_.

Description:

Who's Responsible?:

Who's Attending?:

Expectation:

Evening Activity (Evening time is often the most ambiguous time on vacation and usually the most frustrating. Take time to plan a few evening activities such as games to play or movies to watch. Even planning an evening walk can relieve stress!):

Time: \_\_\_\_\_ — \_\_\_\_\_.

Description:

Who's Responsible?:

Who's Attending?:

Expectation: