

Our Dinner Plan

Our Dinner Plan is a tool for creating better dinners at home during weekdays:

1. Gather your family to talk about the goals you have for better weekday dinners.
2. Check the goals that you all agree to, below. Write the names of any family members who are excused from taking part in a goal, such as a very young child. Cross out any goals you don't have. Add other goals of your own.
3. Then, post **Our Dinner Plan** on the refrigerator, for everybody to see.

	Goals	Everyone agrees	Excused from Goal
#1	Help prepare the meal or set the table	[]	
#2	Arrive for dinner at the agreed time	[]	
#3	Not leave the table until permitted	[]	
#4	Turn off TV, cell phones, games, anything with earbuds	[]	
#5	Have something to report about the day	[]	
#6	Have something nice to say about at least one serving	[]	
#7	Help clear the table, wash dishes, or clean up the kitchen	[]	
#8	Another goal of our own:	[]	
#9	Another goal of our own:	[]	
#10	Another goal of our own:	[]	