# 📆 Weekly Family Rhythm & Value Tracker

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## 🎯 Purpose

This tool helps families re-establish weekly rhythm, reinforce shared values, and provide every member with a consistent emotional anchor.

It’s designed for flexible use: post it on the fridge, update during family meetings, or use it to reset during stressful weeks.

## 🧭 1. Weekly Focus Value

Choose one core value to emphasize together this week.

**This Week’s Value:**  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why we chose it:  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How we’ll live it out (examples, activities, phrases):  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 🧱 2. Weekly Rhythm Builder

Structure your week using consistent, agreed-upon routines.

| **Day** | **Meal Together** | **Evening Connection** | **Screens Off Time** | **Special Notes** |
| --- | --- | --- | --- | --- |
| Monday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Tuesday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Wednesday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Thursday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Friday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Saturday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Sunday | [ ] Yes [ ] No | [ ] Yes [ ] No | \_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

## 👥 3. Roles & Contributions

Clarify who’s doing what to support the week.

| **Name** | **Role / Responsibility This Week** |
| --- | --- |
| \_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

## 💬 4. Family Check-In Prompts

Use during your weekly meeting or over a meal.

* One thing I appreciated this week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* One thing I need more of next week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* A value I noticed someone living out: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* A moment I felt connected: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## ✍️ 5. Notes, Adjustments, or Intentions

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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