

DAYTIME SCHEDULE

8 WEEKS

GOAL	SCHEDULE	TIME
7:00 - 7:30	feeding time	0:30
7:30 - 8:00	play time	0:30
8:00 - 10:00	1st nap	2:00
10:00 - 10:30	play time	0:30
10:30 - 11:00	feeding time	0:30
11:00 - 12:00	play time	1:00
12:00 - 2:00	2nd nap	2:00
2:00 - 2:30	feeding time	0:30
2:30 - 4:00	play time	1:30
4:00 - 5:00	3rd nap	1:00
5:00 - 5:30	feeding time	0:30
5:30 - 6:00	play time	0:30
6:00 - 6:30	bath time	0:30
6:30 - 7:00	feeding time	0:30
7:00	SLEEP	



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