

Weekly Craft Time Planner

Plan your week

Pick small blocks. Protect them like a real appointment.

Day	Commit	Start	End	Focus task	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Tiny weekly wins

Family Support and Boundary Plan

Share your plan

Use kind, clear words. Put the time on the family calendar.

Your script (edit as needed)

Who to tell

House rules for this block

Quiet in shared areas

Guard the door, no knocks

Low TV or headphones

Short walk during my block

Help with dishes or bedtime

Other

Support checklist

Ask for help to protect your time.

What I need this week

Keep kids busy for 25 minutes

Take a quick walk while I sew

Handle a chore today

Lower music or TV

No questions during the timer

Text me only for urgent needs

Cheer me on after

Shared calendar note

Thank you note

Chore Swap and Time Trade Worksheet

Trade one task for craft time

Small swaps add up. Win back 30 to 60 minutes each week.

Pick chore to skip or swap	Time saved	Craft task instead	Date

Total time reclaimed this week

Next week target

Five Minute Plan and Micro Projects

Five minute plan

Keep the habit alive on busy days.

Quick actions (pick one)

- Thread bobbins
- Match scraps by color
- Print or trace a pattern
- Cut two pieces
- Test one stitch line

Custom quick action

Emergency day plan

Next step sticky note

Micro projects menu

Short setup and easy cleanup.

Pick a few favorites

- Hand sew a small seam
- Sort buttons or thread by color
- Cut fabric strips with a rotary cutter
- Trace a pattern piece
- Practice a topstitch on scrap
- Make a tiny felt charm
- Press seams for one block
- Wind three bobbins
- Label fabric bins

Custom items