

70/30 Schedule

Most nights at one home, with regular, predictable time at the other.

■ Home 1
 ■ Home 2

6 handoffs every 2 weeks

MON	TUE	WED	THU	FRI	SAT	SUN
1 Home 1	2 Home 1	3 Home 2	4 Home 1	5 Home 1	6 Home 2	7 Home 2
8 Home 1	9 Home 1	10 Home 2	11 Home 1	12 Home 1	13 Home 1	14 Home 1
15 Home 1	16 Home 1	17 Home 2	18 Home 1	19 Home 1	20 Home 2	21 Home 2
22 Home 1	23 Home 1	24 Home 2	25 Home 1	26 Home 1	27 Home 1	28 Home 1

How to use this

Print it, pin it up, and color in your real dates. Day 1 is wherever your cycle starts; the two-week rotation simply repeats. A one-off swap sits on top of the pattern for that day, and the rotation keeps running underneath.

Notes
