

Spring Forward Sample Schedule

A 4 Day Transition BEFORE Daylight Savings

Current Schedule Example: 7am Wake | Naps at 10am & 2pm | Bedtime 7pm

	Thursday	Friday	Saturday	Sunday
Wake Up	6:45 am	6:30 am	6:15 am	7:00 am
Nap One	9:45 am	9:30 am	9:15 am	10:00 am
Nap Two	1:45 pm	1:30 pm	1:15 pm	2:00 pm
Bed Time	6:45 pm	6:30 pm	6:15 pm	7:00 pm

Fall Back Sample Schedule

A 4 Day Transition BEFORE Daylight Savings
Current Schedule Example: 7am Wake | Naps at 10am & 2pm | Bedtime 7pm

	Thursday	Friday	Saturday	Sunday
Wake Up	6:15 am	6:30 am	6:45 am	7:00 am
Nap One	9:15 am	9:30 am	9:45 am	10:00 am
Nap Two	1:15 pm	1:30 pm	1:45 pm	2:00 pm
Bed Time	6:15 pm	6:30 pm	6:45 pm	7:00 pm

Spring Forward Sample Schedule

A 4 Day Transition AFTER Daylight Savings

Current Schedule Example: 7am Wake | Naps at 10am & 2pm | Bedtime 7pm

	Sunday	Monday	Tuesday	Wednesday
Wake Up	8:00 am	7:45 am	7:30 am	7:15 am
Nap One	11:00 am	10:45 am	10:30 am	10:15 am
Nap Two	3:00 pm	2:45 pm	2:30 pm	2:15 pm
Bed Time	8:00 pm	7:45 pm	7:30 pm	7:15 pm

Fall Back Sample Schedule

A 4 Day Transition AFTER Daylight Savings

Current Schedule Example: 7am Wake | Naps at 10am & 2pm | Bedtime 7pm

	Sunday	Monday	Tuesday	Wednesday
Wake Up	7:30 am	7:45 am	*8:00 am	7:15 am
Nap One	10:30 am	10:45 am	11:00 am	10:15 am
Nap Two	2:30 pm	2:45 pm	3:00 pm	2:15 pm
Bed Time	7:30 pm	7:45 pm	8:00 pm	7:15 pm