

WEEK 3 · TASK 2

Build a Family Rhythm Asset

One concrete thing on the fridge by Friday.

Tools serve the home. They never compete with it. Pick one rhythm, generate it, print it, post it.

Action checklist

- Pick ONE:
 - A 2-week meal plan + grocery list
 - A chore rotation by kid age
 - A family devotion track for 30 days
 - A kids' summer reading list
- Generate it with Cowork or Claude.
- Print it. Stick it on the fridge.
- Photo of the fridge → bootcamp channel. Iron sharpens iron.

Scripture sit

Joshua 24:15 — "As for me and my house, we will serve the LORD." That starts with rhythm, not rhetoric.

What I noticed

Captain's next move
