

# Build a Family Rhythm Asset

*One concrete thing on the fridge by Friday.*

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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

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## Captain's next move

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