

Meals, scheduling, and keeping the kids on track.

## 🍴 Meals & Food

### Meal Planning

Generate a full week of dinners based on your family's preferences, dietary needs, and what's already in your fridge.

Try: "Plan 5 weeknight dinners for a family of 4. One picky eater, no shellfish."

### Recipes on Demand

Ask for step-by-step recipes tailored to your skill level, time, and what ingredients you have on hand.

Try: "Quick 30-minute recipe using chicken thighs, sweet potato, and spinach."

### Grocery Planning

Turn your meal plan into a sorted, store-aisle-friendly grocery list in seconds.

Try: "Create a grocery list for these 5 meals, grouped by section: produce, dairy, meat."

### Meal Prep Batching

Get a Sunday prep schedule that batches cooking tasks so weeknight meals come together in minutes.

Try: "What can I prep on Sunday to make these 5 meals faster during the week?"

## 📅 Family Scheduling

### Family Planner

Consolidate everyone's activities, appointments, and commitments into a clear weekly overview.

Try: "Help me build a weekly schedule for 2 working parents and 2 kids in after-school activities."

### Kids' Schedule

Create a simple daily routine for kids that balances school, play, chores, and wind-down time.

Try: "Make a weekday schedule for a 7-year-old after school until bedtime at 8:30pm."

### School Calendar

Summarize key school dates, deadlines, and events from a newsletter into a parent-friendly digest.

Try: "Here's the school newsletter. Pull out all dates and deadlines for me."

### Summer Planning

Map out the full summer with camps, activities, travel, and downtime that works for every age group.

Try: "Plan a summer for a 6 and 10 year old with 3 weeks of travel and 6 weeks at home."

## 📖 Kids & Learning

### Homework Support

Get explanations of school topics in plain language, plus practice questions at the right difficulty level.

Try: "Explain fractions to a 3rd grader. Then give me 5 practice problems."

### Bedtime Stories

Generate original bedtime stories featuring your child's name, favorite characters, and a calming ending.

Try: "Write a 5-minute bedtime story starring Mia, a brave girl who loves horses."

### Chores Reward System

Design a chore chart and reward system tailored to your kids' ages that's motivating and easy to track.

Try: "Create a chore chart and point reward system for a 6 and 9 year old."

### Summer Camp Research

Get a framework for comparing summer camps by interest, age group, location, and budget.

Try: "What questions should I ask to compare summer camps for an 8-year-old who loves art?"

# Your AI Home Playbook

Travel, organization, and managing the people (and pets) in your home.

## Travel & Trips

### Trip Planning

Build a full day-by-day itinerary with activities, dining, and logistics tailored to your travel style.

Try: "Plan a 5-day family trip to Costa Rica with kids aged 7 and 11. Mix nature and beach."

### Packing Lists

Generate a customized packing list based on trip length, climate, activities, and who's traveling.

Try: "Packing list for a beach trip with 2 kids under 10, 7 days, tropical weather."

## Home Organization

### Task Delegation

Divide household responsibilities fairly across family members with a clear, age-appropriate task list.

Try: "Divide household tasks between 2 adults and kids aged 8 and 12. Fair split."

### Home Maintenance

Get a seasonal home maintenance checklist so nothing slips through the cracks throughout the year.

Try: "Give me a fall home maintenance checklist for a single-family house in the Midwest."

### Declutter Plan

Get a room-by-room declutter guide with a realistic timeline and decision framework for what to keep or toss.

Try: "Help me declutter my home in 30 days. 4-bedroom house, 2 kids, no full weekends free."

## Care & Household Management

### Nanny Onboarding

Create a welcome guide covering routines, rules, emergency contacts, and house rules for new childcare help.

Try: "Write a nanny onboarding document for 2 kids, ages 4 and 7. Include daily schedule and house rules."

### Caregiver Handoffs

Draft clear shift notes so caregivers stay aligned on medications, moods, and daily needs.

Try: "Create a daily handoff template for a home caregiver supporting an elderly parent."

### Pet Care Planning

Build a pet care guide or sitter instructions covering feeding, medications, walks, and vet info.

Try: "Write pet sitter instructions for a dog with 2 daily walks and a medication at noon."

Health, wellness, and keeping the household finances in order.

## Health & Wellness

### Appointment Prep

Prepare a list of questions to ask your doctor or specialist so you make the most of every visit.

Try: "I have a cardiology follow-up next week. What questions should I bring?"

### Medication Tracking

Create a simple tracking template for a family member's medications, dosages, and schedules.

Try: "Build a medication log template for an elderly parent on 4 daily prescriptions."

### Symptom Research

Get a plain-language summary of a symptom or diagnosis to help you prepare for a doctor's visit.

Try: "Explain what Type 2 diabetes means in plain English. What should I know before my appointment?"

### Family Wellness Routine

Design a realistic morning or evening wellness routine that accounts for everyone's schedule.

Try: "Create a 20-minute morning routine for a family of 4 that leaves the house by 7:30am."

## Budgeting & Financial Management

### Household Budget

Build a clear monthly budget covering fixed expenses, variable spending, and savings goals in one place.

Try: "Help me build a monthly household budget for a family of 4 with a \$9,000 take-home income."

### Trip Budget Planner

Estimate a realistic travel budget across flights, hotels, meals, and activities before you book anything.

Try: "Rough budget for a family of 4 flying from NYC to Miami for 4 nights in July."

### Expense Tracking

Create a simple template to log and categorize weekly spending so you can spot where money is going.

Try: "Build a weekly expense tracker with categories for groceries, dining, kids, and subscriptions."

### Savings Goal Planning

Map out how much to set aside each month to hit a specific savings target by a deadline.

Try: "I want to save \$15,000 for a home renovation in 18 months. How much do I need monthly?"

### Bill & Subscription Audit

Review all recurring charges and identify what to cut, negotiate, or consolidate to free up cash.

Try: "Help me audit my monthly subscriptions and bills. What questions should I ask about each one?"

### Back-to-School Budget

Plan a realistic spending list across supplies, clothing, and fees without the last-minute scramble.

Try: "Back-to-school budget for 2 kids in elementary school. What should I plan to spend?"