

50/50 Custody Schedules Cheat Sheet

2-2-3 Custody Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

2-2-3: Who it works best for

This schedule involves frequent exchanges and transitions, so experts recommend that co-parents live close to one another to adopt this schedule. Co-parents must regularly interact, so they should have a relatively tension-free relationship. Experts recommend this schedule for younger children, who need time with both parents to form healthy relationships.

3-4-4-3 Custody Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

3-4-4-3: Who it works best for

Co-parents with structured schedules who live near one another will likely enjoy 3-4-4-3. The schedule works best for younger children who need to see both parents regularly.

2-2-5-5 Custody Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

2-2-5-5: Who it works best for

2-2-5-5 suits co-parents and kids that have schedules amenable to frequent exchanges. This plan can be a good fit for younger children who have formed attachment styles but still want regular contact with both parents.

Week-on, Week-off Custody Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Alternating Weeks: Who it works best for

This parenting plan will be a great fit for pre-teens and teenagers who already have relationships with both co-parents and have an active life outside of family time. In general, most co-parents enjoy less frequent changeovers and extended time together.

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2-Weeks-on, 2-Weeks-off Custody Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Every Two-Weeks Alternating: Who it works best for

In this schedule, co-parents alternate custody on a 2-week basis. This schedule is extremely rare because two weeks away from a parent will even stress a teenager. This schedule would be particularly challenging during the school year.

Every Extended Weekend with 3rd Party Time						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Every Extended Weekend with 3rd Party Time: Who it works best for

Whether or not this will work for you depends on your work schedules, and your children's school and extracurricular schedules. This split is uncommon but can work for families that agree to 4-3. However, it will only work if co-parents can track quality time very accurately.

Every Extended Weekend with Midweek Overnight						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Every Extended Weekend with a Midweek Overnight: Who it works best for

In the every extended weekend schedule, one co-parent that usually takes the children on the weekends can add in a midweek overnight every other week to approximate a 50/50 split.

This schedule is rare and demands that co-parents track quality time together very accurately.