

Custody Schedule Comparison Guide

A practical worksheet for comparing common parenting-time rotations before writing them into a parenting plan.

QUICK
PRINCIPLE

Choose the calendar that fits the child and the family's real constraints. The
nearest percentage is not automatically the most workable schedule.

Common rotations at a glance

Schedule	Typical split	Rhythm	Best feature	Main tradeoff
2-2-3	About 50/50	2 nights, 2 nights, alternating 3-night weekend	Frequent contact	More exchanges; weekdays alternate
2-2-5-5	About 50/50	Fixed 2-day weekdays, alternating 5-day blocks	Predictable weekdays	Longer blocks for younger children
3-4-4-3	About 50/50	Repeating 3, 4, 4, and 3-night blocks	Equal time, no full week apart	Harder to remember without a calendar
Week on, week off	About 50/50	7 nights with each parent	One weekly exchange	A full week away from either parent
Every other weekend	Usually unequal	School weeks mainly in one home; alternating weekends	Fewer school-night changes	Long gaps and fewer overnights for one parent
Custom rotation	Depends	Family-defined repeating blocks	Fits shifts, travel, or school	Needs especially precise written terms

A percentage is not a schedule

Terms such as 60/40 and 70/30 describe an outcome, not the actual rotation. A complete schedule still needs dates, exchange times, holidays, school breaks, transportation, and a process for changes.

Try the free generators: tryonepage.com/tools

Use constraints to narrow the choice

Start with the child's needs and the family's practical limits. Do not begin with a target percentage and force daily life to fit it.

1. Age and individual needs

Consider the child's temperament, attachment relationships, school routine, medical needs, developmental stage, and experience moving between homes. Age bands are prompts for discussion, not universal rules.

2. Distance between homes

Frequent rotations require short, reliable travel. Longer distances usually favor fewer exchanges and longer blocks, with separate terms for school breaks and travel costs.

3. Work and childcare

Test the schedule against both parents' actual shifts, travel, childcare availability, and school transportation. A schedule that repeatedly needs exceptions is not predictable.

4. Transition burden

Count school-night changes, packing, medication movement, device handoffs, activity trips, and the longest period away from either parent.

5. Communication level

Flexible schedules require timely, workable communication. Higher-conflict situations may need clearer rules, fewer discretionary changes, and a defined dispute process.

6. Safety and existing orders

Do not use a generic schedule to override safety planning, supervised-contact terms, relocation restrictions, or a current court order. Obtain qualified help where needed.

FOUR-WEEK
TEST

Put the proposed rotation on a real calendar with school, activities, work, childcare, travel, and at least one exception. Each parent flags conflicts independently before comparing notes.

Schedule decision worksheet

Complete this separately, then compare answers. A disagreement in the worksheet is useful information to resolve before finalizing the calendar.

1. Which school nights must remain consistent?
2. What is the maximum workable travel time for one exchange?
3. Which work shifts or recurring commitments cannot move?
4. How many exchanges per week can the child manage comfortably?
5. What is the longest workable period away from either parent?
6. Which holidays and school breaks override the regular rotation?
7. Who handles transportation at the start and end of each block?
8. How much notice is required for a change request?
9. What happens after declined, missed, or canceled parenting time?
10. When will the family review the schedule again?

Next steps

Build the dates at tryonepage.com/tools/custody-schedule-generator, calculate overnights at tryonepage.com/tools/parenting-time-calculator, and draft operating terms at tryonepage.com/tools/parenting-plan-generator.

Educational planning resource. This guide is not legal advice and does not replace an agreement, court order, safety plan, or advice from a qualified professional. Reviewed August 24, 2026.