



TimeSheet
for
Au Pairs & Host Families
by PerfectConnect



PerfectConnect



Annual Summary & Compliance Tracker

[Overview](#)

One page for the whole program year. Fill in as each month closes.

Au Pair Name: _____

Host Family: _____

Agency / Sponsor: _____

Program Dates: _____

Program limits (standard J-1 au pair): 10 hrs/day • 45 hrs/week • max 5.5 days worked per week
1.5 consecutive days off each week • one full weekend off each month • 2 weeks paid vacation • 6 semester hours of coursework

EduCare and non-U.S. programs use different caps — confirm your limits with your sponsor agency before relying on this sheet.

Month	Total Hours	Days Off Taken	Full Weekend Off (✓)	Vacation Days Used	Education Hours	Notes
Month 1						
Month 2						
Month 3						
Month 4						
Month 5						
Month 6						
Month 7						
Month 8						
Month 9						
Month 10						
Month 11						
Month 12						

YEAR TOTALS

Hours: _____

Vacation days: _____

Full weekends off: _____

Education hours: _____

Vacation & Weekend Entitlement

Paid vacation days used: _____ / 10

Full weekends off taken: _____ / 12

Weeks over 45 hrs: _____

Year-End Notes / Disputes / Schedule Agreements

This is a record-keeping aid, not legal advice. Requirements vary by program and country — verify with your sponsor agency.





Overview

Log coursework as you complete it — not in the last month of your program.

Au Pair Name: _____

Program Year:

Requirement: Not less than six semester hours of academic credit or the equivalent — commonly counted as 72 classroom hours. Keep receipts and transcripts filed with this sheet.

TOTAL	Classroom hours:	/ 72	Semester credits:	/ 6	Agency notified:
--------------	-------------------------	-------------	--------------------------	------------	-------------------------

Notes (course changes, refunds, transcript requests)

Au Pair Signature: _____ **Date:** _____ **Host Family Signature:** _____ **Date:** _____



perfectconnect.me



Au Pair Weekly Timesheet

Week 1 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 2 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week**Remember:** Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 3 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week**Remember:** Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 4 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 5 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 6 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 7 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 8 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 9 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 10 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 11 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 12 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 13 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week**Remember:** Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 14 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 15 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 16 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 17 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 18 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 19 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 20 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 21 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 22 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 23 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 24 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 25 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 26 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Find your Perfect Connection

You're halfway through the year.
PerfectConnect helps au pairs and host families connect more easily.

Scan to download the app



perfectconnect.me



Au Pair Weekly Timesheet

Week 27 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 28 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week**Remember:** Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 29 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week**Remember:** Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 30 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 31 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 32 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 33 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 34 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 35 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 36 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 37 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 38 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 39 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 40 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 41 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 42 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 43 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 44 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 45 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 46 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 47 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 48 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 49 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 50 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 51 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

Host Family Signature: _____ Date: _____





Au Pair Weekly Timesheet

Week 52 of 52

Record childcare shifts, breaks, and total hours worked each day.

Week of: _____ to _____

Host Family: _____

Au Pair Name: _____

Agency / Sponsor: _____

Week Type: ☐ Regular Work Week ☐ Vacation Week ☐ Travel Week ☐ Schedule Change Week

Remember: Max 10 hrs/day and 45 hrs/week • no more than 5.5 days worked • at least 1.5 consecutive days off. Breaks are off-duty and not counted.

Day	Date	Shift 1 Start	Shift 1 End	Break Start	Break End	Shift 2 Start	Shift 2 End	Daily Hours (max 10)	Notes
Monday								/ 10	
Tuesday								/ 10	
Wednesday								/ 10	
Thursday								/ 10	
Friday								/ 10	
Saturday								/ 10	
Sunday								/ 10	

Weekly Summary

Total Hours Worked: _____ / 45

Hours Remaining: _____

Days Worked: _____ / 5.5 max

Days Off: _____ / 1.5 min

Vacation used this week: _____ days

Weekend worked? ☐ No ☐ Saturday — hrs: _____ ☐ Sunday — hrs: _____Weekly check: ☐ No day over 10 hrs ☐ 45-hr cap respected ☐ 1.5 consecutive days off given ☐ Both parties agree this record is accurate

Notes / Schedule Changes / Discrepancies

Au Pair Signature: _____ Date: _____

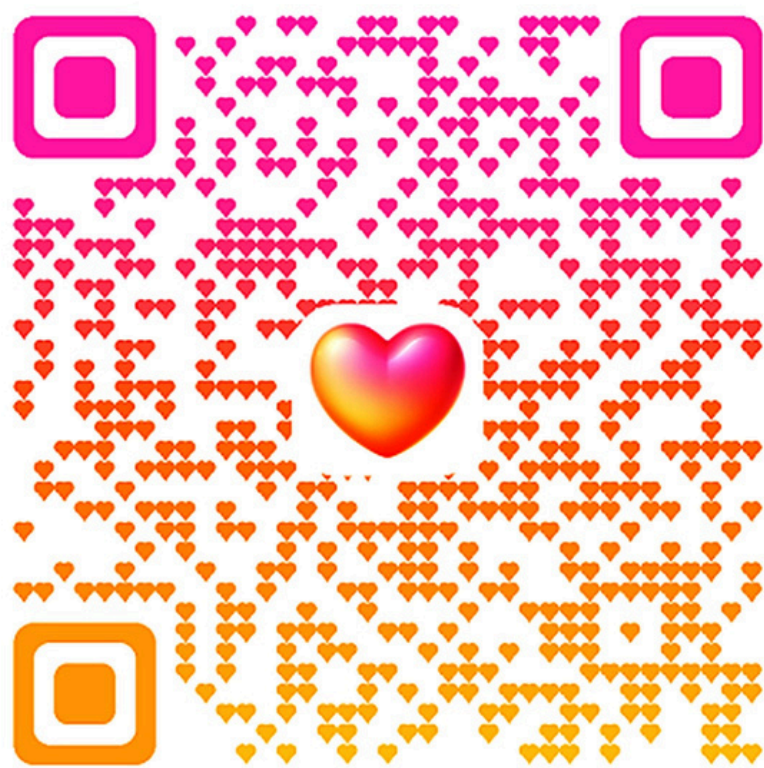
Host Family Signature: _____ Date: _____



♡ Hope you found this timesheet helpful! ♡

PerfectConnect helps Au Pairs and Host Families Connect more easily.

Find your Perfect Connection



perfectconnect.me