



WEEKLY FAMILY RESET

A little time today creates
a calmer, smoother week for everyone.

SUNDAY RESET CHECKLIST

☐ School
uniforms



☐ Lunch
supplies



☐ Family calendar
checked



☐ Bags
packed



☐ Laundry



☐ Meal
plan



☐ Water
bottles



☐ Early
night



EXTRA LITTLE CHECKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REMEMBER

A calm plan.
A prepared home.
A rested family.

You've got this!

NOTES FOR THE WEEK

*Small steps today.
A smoother week tomorrow.*

