



Sunday Family Reset

CHECKLIST

A simple weekly refresh for busy families.

THE GOAL ISN'T PERFECTION.

THE GOAL IS A SMOOTHER MONDAY.



FAMILY CALENDAR

- Review appointments, practices, meetings, and school events
- Check for permission slips, deadlines, and special activities
- Make sure everyone knows what's happening this week



MEAL PLANNING

- Plan dinners for the week
- Make a grocery list
- Check pantry and fridge before shopping



GROCERY RUN

- Grocery shop or place an online order
- Pick up fresh produce, snacks, and meal essentials



TIDY KEY SPACES

- Clear kitchen counters
- Tidy dining table
- Organize entryway
- Reset homework station
- Quick living room tidy



FAMILY LAUNDRY RESET

- Kids clean out bedrooms and bring down laundry
- Wash, dry, fold, and put away clothes
- Empty laundry baskets if possible
- Check for gym clothes, uniforms, and favourite outfits



SCHOOL & WORK PREP

- Empty and organize backpacks
- Sign forms and permission slips
- Wash water bottles
- Pack anything needed for Monday
- Check work bags and laptop chargers



HOUSEHOLD ESSENTIALS

- Toilet paper
- Paper towels
- Laundry detergent
- Dish soap
- Coffee
- School snacks
- Other: _____



SNACK PREP

- Wash fruit
- Cut vegetables
- Portion snacks
- Prep easy breakfasts
- Make overnight oats



FRIDGE RESET

- Toss expired food
- Wipe shelves if needed
- Make room for groceries
- Check leftovers



MONDAY MORNING PREP

- Choose Monday's outfit
- Choose Tuesday's outfit (optional)
- Set out shoes and accessories
- Check weather forecast



CHARGE DEVICES

- Phones
- Tablets
- Laptops
- Headphones
- Smartwatches



ONE THING FOR YOU

- Read a book
- Go for a walk
- Take a bath
- Watch a show
- Enjoy a coffee or tea
- Other: _____

THIS WEEK'S TOP 3 PRIORITIES

- 1 _____
- 2 _____
- 3 _____



You do not need to finish every item for your Sunday reset to be successful. Even a few intentional tasks can make the week ahead feel calmer, smoother, and a little less overwhelming.

