Sunday Reset Checklist

An hour or less on Sunday makes the whole week easier.

Week of _____

Kitchen

- [ ] Empty the dishwasher and the sink
- [ ] Toss old leftovers
- [ ] Wipe the counters and the stovetop
- [ ] Take out the trash and recycling

Laundry

- [ ] Finish and put away the last load
- [ ] Start the towels or the sheets
- [ ] Empty the hampers

Living spaces

- [ ] Put things back where they live
- [ ] Clear the coffee table and the entry
- [ ] Fold the throws and fluff the pillows
- [ ] Water the plants

Notes

Get ready for Monday

- [ ] Check the calendar for the week
- [ ] Pack bags and lay out clothes
- [ ] Charge phones, laptops and tablets
- [ ] Restock what's running low

Plan the week

- [ ] Plan the meals and write the grocery list
- [ ] Prep one thing ahead, like lunches
- [ ] Set the week's three must-dos

This week's must-dos

Meals this week

Free for personal and classroom use