Sunday RESET CHECKLIST

PLAN THE WEEK FIRST, THEN GET READY FOR MONDAY

1 PLAN: THE FIVE QUESTIONS

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____

2 THREE MUST-DOS

_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○

ZONE OF THE WEEK Kitchen | Bathrooms | Bedrooms | Living and entry | Laundry, storage and outdoors

NOTES FOR NEXT WEEK

3 KITCHEN

- [ ] Run or empty the dishwasher
- [ ] Clear and wipe the counters
- [ ] Check the fridge: what to use first
- [ ] Take out the trash and recycling

4 LAUNDRY

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back

5 FOOD FOR THE WEEK

- [ ] Pick the week's dinners
- [ ] Check what they need against the pantry
- [ ] Copy Need to the shopping list
- [ ] Pick a shopping day

6 CALENDAR AND PAPERS

- [ ] Check the calendar and school emails
- [ ] Put appointments on the planner
- [ ] Sign forms and permission slips
- [ ] Set out the papers due this week

7 READY FOR MONDAY

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned

8 ONE-ROOM RESET, 10 MINUTES

- [ ] Set a timer in the room you use most
- [ ] Goes-home basket: one trip
- [ ] Clear the table and the sofa
- [ ] Pick up the floor; stop at the timer

◆ HOW TO USE

Same day each week, before you open the planner. Boxes 1 and 2 first, about 20 minutes. Then the house boxes, as time allows. Missed your day? Reset the next day you can, then go back to your usual day.

SHORT ON TIME? Boxes 1 and 2 are the reset. The house can wait.

Three must-dos. That's the week.

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Sunday RESET CHECKLIST

WRITE THE ANSWERS, THEN GET READY FOR MONDAY

THREE MUST-DOS

What three things must happen this week?

1 _____ M T W T F S S ○

2 _____ M T W T F S S ○

3 _____ M T W T F S S ○

WHICH ZONE IS DUE?

- ☐ _____
- ☐ _____

WHAT RAN OUT?

- ☐ _____
- ☐ _____

WHAT IS DUE OR EXPIRING?

- ☐ _____
- ☐ _____

WHAT DID LAST WEEK CARRY OVER?

- ☐ _____
- ☐ _____

GET READY FOR MONDAY

KITCHEN

- ☐ Run or empty the dishwasher
- ☐ Clear and wipe the counters
- ☐ Check the fridge: what to use first
- ☐ Take out the trash and recycling

LAUNDRY

- ☐ Finish the last load
- ☐ Fold it and put it away
- ☐ Put out fresh towels
- ☐ Take the empty baskets back

FOOD FOR THE WEEK

- ☐ Pick the week's dinners
- ☐ Check what they need against the pantry
- ☐ Copy Need to the shopping list
- ☐ Pick a shopping day

CALENDAR AND PAPERS

- ☐ Check the calendar and school emails
- ☐ Put appointments on the planner
- ☐ Sign forms and permission slips
- ☐ Set out the papers due this week

READY FOR MONDAY

- ☐ Bags packed, by the door
- ☐ Clothes out for Monday
- ☐ Keys and chargers at the launch spot
- ☐ Breakfast and lunches planned

ONE-ROOM RESET, 10 MINUTES

- ☐ Set a timer in the room you use most
- ☐ Goes-home basket: one trip
- ☐ Clear the table and the sofa
- ☐ Pick up the floor; stop at the timer

SHORT ON TIME? The questions and the must-dos are the reset. The house can wait.

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SUNDAY RESET



CHECKLIST

Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____



Kitchen



- [ ] Run or empty the dishwasher
- [ ] Clear and wipe the counters
- [ ] Check the fridge: what to use first
- [ ] Take out the trash and recycling

Laundry

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back

Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned



One-room reset, 10 minutes



- [ ] Set a timer in the room you use most
- [ ] Goes-home basket: one trip
- [ ] Clear the table and the sofa
- [ ] Pick up the floor; stop at the timer

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SUNDAY RESET

CHECKLIST



Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____



Three must-dos

_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○



Food for the week

- [ ] Pick the week's dinners
- [ ] Check what they need against the pantry
- [ ] Copy Need to the shopping list
- [ ] Pick a shopping day

Laundry

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back



Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned



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Sunday

Three must-dos. That's the week.

RESET CHECKLIST

Plan the week first, then get ready for Monday

1 PLAN: THE FIVE QUESTIONS

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____

2 THREE MUST-DOS

_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○

ZONE OF THE WEEK Kitchen | Bathrooms | Bedrooms | Living and entry | Laundry, storage and outdoors

NOTES FOR NEXT WEEK

_____

_____

3 Kitchen



- [ ] Run or empty the dishwasher
- [ ] Check the fridge: what to use first
- [ ] Clear and wipe the counters
- [ ] Take out the trash and recycling

4 Laundry



- [ ] Finish the last load
- [ ] Put out fresh towels
- [ ] Fold it and put it away
- [ ] Take the empty baskets back

5 Food for the week



- [ ] Pick the week's dinners
- [ ] Copy Need to the shopping list
- [ ] Check what they need against the pantry
- [ ] Pick a shopping day

6 Calendar and papers



- [ ] Check the calendar and school emails
- [ ] Sign forms and permission slips
- [ ] Put appointments on the planner
- [ ] Set out the papers due this week

7 Ready for Monday



- [ ] Bags packed, by the door
- [ ] Keys and chargers at the launch spot
- [ ] Clothes out for Monday
- [ ] Breakfast and lunches planned

8 One-room reset, 10 minutes



- [ ] Set a timer in the room you use most
- [ ] Clear the table and the sofa
- [ ] Goes-home basket: one trip
- [ ] Pick up the floor; stop at the timer

SHORT ON TIME? Boxes 1 and 2 are the reset. The house can wait.

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SUNDAY RESET

CHECKLIST



Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____

Three must-dos

_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○



Food for the week

- [ ] Pick the week's dinners
- [ ] Check what they need against the pantry
- [ ] Copy Need to the shopping list
- [ ] Pick a shopping day

Calendar and papers

- [ ] Check the calendar and school emails
- [ ] Put appointments on the planner
- [ ] Sign forms and permission slips
- [ ] Set out the papers due this week

Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned



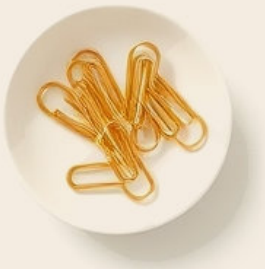


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SUNDAY RESET

CHECKLIST



Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____

Three must-dos



_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○

Calendar and papers

- [ ] Check the calendar and school emails
- [ ] Put appointments on the planner
- [ ] Sign forms and permission slips
- [ ] Set out the papers due this week

Kitchen

- [ ] Run or empty the dishwasher
- [ ] Clear and wipe the counters
- [ ] Check the fridge: what to use first
- [ ] Take out the trash and recycling



One-room reset, 10 minutes

- [ ] Set a timer in the room you use most
- [ ] Goes-home basket: one trip
- [ ] Clear the table and the sofa
- [ ] Pick up the floor; stop at the timer



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SUNDAY RESET

CHECKLIST



Kitchen

- [ ] Run or empty the dishwasher
- [ ] Clear and wipe the counters
- [ ] Check the fridge: what to use first
- [ ] Take out the trash and recycling

Food for the week



- [ ] Pick the week's dinners
- [ ] Check what they need against the pantry
- [ ] Copy Need to the shopping list
- [ ] Pick a shopping day

Laundry

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back

Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned

One-room reset, 10 minutes



- [ ] Set a timer in the room you use most
- [ ] Goes-home basket: one trip
- [ ] Clear the table and the sofa
- [ ] Pick up the floor; stop at the timer



Three must-dos. That's the week.

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Sunday

RESET CHECKLIST

Sunday Done, Monday Ready

THREE MUST-DOS

What three things must happen this week?

1. _____ M T W T F S S ○
2. _____ M T W T F S S ○
3. _____ M T W T F S S ○

WHICH ZONE IS DUE?

- ○ _____
- ○ _____

WHAT RAN OUT?

- ○ _____
- ○ _____

WHAT IS DUE OR EXPIRING?

- ○ _____
- ○ _____

WHAT DID LAST WEEK CARRY OVER?

- ○ _____
- ○ _____

GET READY FOR MONDAY

KITCHEN

- ○ Run or empty the dishwasher
- ○ Clear and wipe the counters
- ○ Check the fridge: what to use first
- ○ Take out the trash and recycling

LAUNDRY

- ○ Finish the last load
- ○ Fold it and put it away
- ○ Put out fresh towels
- ○ Take the empty baskets back

FOOD FOR THE WEEK

- ○ Pick the week's dinners
- ○ Check what they need against the pantry
- ○ Copy Need to the shopping list
- ○ Pick a shopping day

CALENDAR AND PAPERS

- ○ Check the calendar and school emails
- ○ Put appointments on the planner
- ○ Sign forms and permission slips
- ○ Set out the papers due this week

READY FOR MONDAY

- ○ Bags packed, by the door
- ○ Clothes out for Monday
- ○ Keys and chargers at the launch spot
- ○ Breakfast and lunches planned

ONE-ROOM RESET, 10 MINUTES

- ○ Set a timer in the room you use most
- ○ Goes-home basket: one trip
- ○ Clear the table and the sofa
- ○ Pick up the floor; stop at the timer

SHORT ON TIME? The questions and the must-dos are the reset. The house can wait.

Three must-dos. That's the week.

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SUNDAY RESET



CHECKLIST

Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?



WEEK OF _____

Laundry

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back

Calendar and papers

- [ ] Check the calendar and school emails
- [ ] Put appointments on the planner
- [ ] Sign forms and permission slips
- [ ] Set out the papers due this week

Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned

One-room reset, 10 minutes

- [ ] Set a timer in the room you use most
- [ ] Goes-home basket: one trip
- [ ] Clear the table and the sofa
- [ ] Pick up the floor; stop at the timer





Three must-dos. That's the week.

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SUNDAY RESET

CHECKLIST



Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____



Three must-dos

_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○

Kitchen

- [ ] Run or empty the dishwasher
- [ ] Clear and wipe the counters
- [ ] Check the fridge: what to use first
- [ ] Take out the trash and recycling

Food for the week

- [ ] Pick the week's dinners
- [ ] Check what they need against the pantry
- [ ] Copy Need to the shopping list
- [ ] Pick a shopping day



Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned



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SUNDAY RESET



CHECKLIST

Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
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- [ ] What did last week carry over?

WEEK OF _____



Calendar and papers

- [ ] Check the calendar and school emails
- [ ] Put appointments on the planner
- [ ] Sign forms and permission slips
- [ ] Set out the papers due this week



Kitchen

- [ ] Run or empty the dishwasher
- [ ] Clear and wipe the counters
- [ ] Check the fridge: what to use first
- [ ] Take out the trash and recycling

Laundry

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back



Ready for Monday

- [ ] Bags packed, by the door
- [ ] Clothes out for Monday
- [ ] Keys and chargers at the launch spot
- [ ] Breakfast and lunches planned

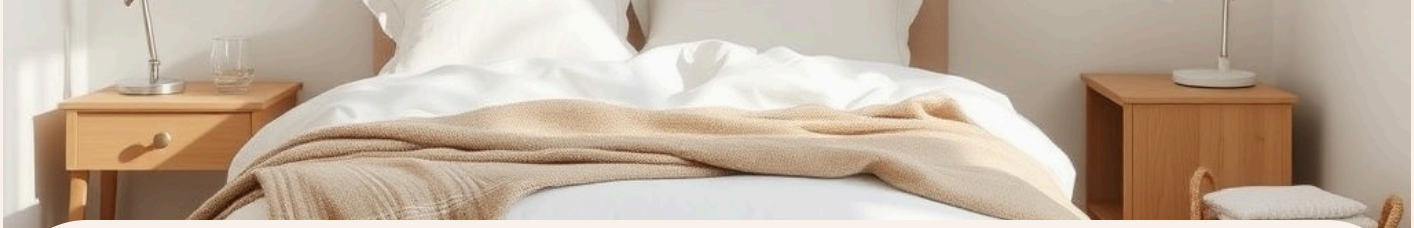


Three must-dos. That's the week.

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WRITE THE ANSWERS, THEN GET READY FOR MONDAY

Sunday Reset Checklist

Lunches Planned, Bags Packed

THREE MUST-DOS

What three things must happen this week?

1 _____ M T W T F S S ○

2 _____ M T W T F S S ○

3 _____ M T W T F S S ○

WHICH ZONE IS DUE?

- ☐
- ☐

WHAT RAN OUT?

- ☐
- ☐

WHAT IS DUE OR EXPIRING?

- ☐
- ☐

WHAT DID LAST WEEK CARRY OVER?

- ☐
- ☐

GET READY FOR MONDAY

KITCHEN

- ☐ Run or empty the dishwasher
- ☐ Clear and wipe the counters
- ☐ Check the fridge: what to use first
- ☐ Take out the trash and recycling

FOOD FOR THE WEEK

- ☐ Pick the week's dinners
- ☐ Check what they need against the pantry
- ☐ Copy Need to the shopping list
- ☐ Pick a shopping day

READY FOR MONDAY

- ☐ Bags packed, by the door
- ☐ Clothes out for Monday
- ☐ Keys and chargers at the launch spot
- ☐ Breakfast and lunches planned

LAUNDRY

- ☐ Finish the last load
- ☐ Fold it and put it away
- ☐ Put out fresh towels
- ☐ Take the empty baskets back

CALENDAR AND PAPERS

- ☐ Check the calendar and school emails
- ☐ Put appointments on the planner
- ☐ Sign forms and permission slips
- ☐ Set out the papers due this week

ONE-ROOM RESET, 10 MINUTES

- ☐ Set a timer in the room you use most
- ☐ Goes-home basket: one trip
- ☐ Clear the table and the sofa
- ☐ Pick up the floor; stop at the timer

SHORT ON TIME? The questions and the must-dos are the reset. The house can wait.

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SUNDAY RESET

CHECKLIST

Plan: the five questions

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____

Three must-dos



_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○

Food for the week

- [ ] Pick the week's dinners
- [ ] Check what they need against the pantry
- [ ] Copy Need to the shopping list
- [ ] Pick a shopping day

Laundry

- [ ] Finish the last load
- [ ] Fold it and put it away
- [ ] Put out fresh towels
- [ ] Take the empty baskets back



SHORT ON TIME? *Boxes 1 and 2 are the reset. The house can wait.*

HOW TO USE

Same day each week, before you open the planner. Boxes 1 and 2 first, about 20 minutes. Then the house boxes, as time allows. Missed your day? Reset the next day you can, then go back to your usual day.



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Sunday Reset Checklist

5 Questions, 8 Boxes

1 PLAN: THE FIVE QUESTIONS

- ○ What three things must happen this week?
- ○ Which zone is due?
- ○ What ran out?
- ○ What is due or expiring?
- ○ What did last week carry over?

WEEK OF .....

2 THREE MUST-DOS

..... DAY ..... ○

..... DAY ..... ○

..... DAY ..... ○

ZONE OF THE WEEK Kitchen | Bathrooms | Bedrooms | Living and entry | Laundry, storage and outdoors

NOTES FOR NEXT WEEK

3 KITCHEN

- ○ Run or empty the dishwasher
- ○ Clear and wipe the counters
- ○ Check the fridge: what to use first
- ○ Take out the trash and recycling

4 LAUNDRY

- ○ Finish the last load
- ○ Fold it and put it away
- ○ Put out fresh towels
- ○ Take the empty baskets back

5 FOOD FOR THE WEEK

- ○ Pick the week's dinners
- ○ Check what they need against the pantry
- ○ Copy Need to the shopping list
- ○ Pick a shopping day

6 CALENDAR AND PAPERS

- ○ Check the calendar and school emails
- ○ Put appointments on the planner
- ○ Sign forms and permission slips
- ○ Set out the papers due this week

7 READY FOR MONDAY

- ○ Bags packed, by the door
- ○ Clothes out for Monday
- ○ Keys and chargers at the launch spot
- ○ Breakfast and lunches planned

8 ONE-ROOM RESET, 10 MINUTES

- ○ Set a timer in the room you use most
- ○ Goes-home basket: one trip
- ○ Clear the table and the sofa
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SHORT ON TIME? Boxes 1 and 2 are the reset. The house can wait.

Three must-dos. That's the week.

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Sunday Reset
CHECKLIST

WRITE THE ANSWERS, THEN GET READY FOR MONDAY

THREE MUST-DOS

What three things must happen this week?

1 _____ M T W T F S S ◯

2 _____ M T W T F S S ◯

3 _____ M T W T F S S ◯

WHICH ZONE IS DUE?

- ☐ _____
- ☐ _____

WHAT RAN OUT?

- ☐ _____
- ☐ _____

WHAT IS DUE OR EXPIRING?

- ☐ _____
- ☐ _____

WHAT DID LAST WEEK CARRY OVER?

- ☐ _____
- ☐ _____

GET READY FOR MONDAY

KITCHEN

- ☐ Run or empty the dishwasher
- ☐ Clear and wipe the counters
- ☐ Check the fridge: what to use first
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FOOD FOR THE WEEK

- ☐ Pick the week's dinners
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- ☐ Keys and chargers at the launch spot
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LAUNDRY

- ☐ Finish the last load
- ☐ Fold it and put it away
- ☐ Put out fresh towels
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CALENDAR AND PAPERS

- ☐ Check the calendar and school emails
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- ☐ Set out the papers due this week

ONE-ROOM RESET, 10 MINUTES

- ☐ Set a timer in the room you use most
- ☐ Goes-home basket: one trip
- ☐ Clear the table and the sofa
- ☐ Pick up the floor; stop at the timer

SHORT ON TIME? The questions and the must-dos are the reset. The house can wait.

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PLAN THE WEEK FIRST, THEN GET READY FOR MONDAY

SUNDAY RESET

CHECKLIST

1 PLAN: THE FIVE QUESTIONS

- [ ] What three things must happen this week?
- [ ] Which zone is due?
- [ ] What ran out?
- [ ] What is due or expiring?
- [ ] What did last week carry over?

WEEK OF _____

2 THREE MUST-DOS

_____ DAY _____ ○

_____ DAY _____ ○

_____ DAY _____ ○

ZONE OF THE WEEK (Kitchen) (Bathrooms) (Bedrooms) (Living and entry) (Laundry, storage and outdoors)

NOTES FOR NEXT WEEK

_____

_____

3 KITCHEN

- ○ Run or empty the dishwasher
- ○ Check the fridge: what to use first
- ○ Clear and wipe the counters
- ○ Take out the trash and recycling

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- ○ Breakfast and lunches planned

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- ○ Set a timer in the room you use most
- ○ Clear the table and the sofa
- ○ Goes-home basket: one trip
- ○ Pick up the floor; stop at the timer

SHORT ON TIME? Boxes 1 and 2 are the reset. The house can wait.

Three must-dos. That's the week.

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