THIS MONTH'S GOALS

Small, doable steps toward the big stuff.

MONTH _____

GOAL 1 _____

STEPS

- ☐ _____
- ☐ _____
- ☐ _____

GOAL 2 _____

STEPS

- ☐ _____
- ☐ _____
- ☐ _____

GOAL 3 _____

STEPS

- ☐ _____
- ☐ _____
- ☐ _____

HOW I'LL CELEBRATE

_____

_____

_____

MONTH _____

YEAR _____

SUN	MON	TUE	WED

MONTH

CONTINUED

THU	FRI	SAT	NOTES

MASTER TO-DO LIST

Everything, in one place. Sorted so your brain doesn't have to.

HOME

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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KIDS

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ERRANDS

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MASTER TO-DO LIST

CONTINUED

CALLS & EMAILS

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- [ ] _____
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FOR ME

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SOMEDAY

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NEXT WEEK PREP

Your own Sunday checklist. Make it fit your family.

WEEK OF _____

THE SUNDAY CHECKLIST

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

THE BIG THINGS

Tests, games, trips.

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_____

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THINGS TO BUY

_____

_____

_____

THINGS TO SEND

Forms, money, snacks.

_____

_____

_____

ONE THING FOR ME THIS WEEK

_____

_____

_____

MEAL PLAN

Plan the week once, shop once.

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

PREP AHEAD

- ☐ _____
- ☐ _____
- ☐ _____

LEFTOVERS & USE UP

_____

_____

_____

GROCERY LIST

Sorted by aisle so you're in and out.

STORE _____

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAT & DAIRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PANTRY

- [ ] _____
- [ ] _____
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- [ ] _____

FROZEN

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

SNACKS & DRINKS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

HOUSEHOLD & KIDS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DAILY SCHEDULE

Fill it in the night before, or with your morning coffee.

DATE _____

SCHEDULE

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

9 PM _____

TOP 3

1. _____
2. _____
3. _____

KIDS: DROP-OFF & PICKUP

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

DINNER

_____

SIMPLE JOY

_____

FOR ME

_____

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SIMPLE JOY

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NEXT WEEK PREP

Your own Sunday checklist. Make it fit your family.

WEEK OF _____

THE SUNDAY CHECKLIST

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

THE BIG THINGS

Tests, games, trips.

_____

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THINGS TO BUY

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_____

THINGS TO SEND

Forms, money, snacks.

_____

_____

_____

ONE THING FOR ME THIS WEEK

_____

_____

_____

MEAL PLAN

Plan the week once, shop once.

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

PREP AHEAD

- ☐ _____
- ☐ _____
- ☐ _____

LEFTOVERS & USE UP

_____

_____

_____

GROCERY LIST

Sorted by aisle so you're in and out.

STORE _____

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____

MEAT & DAIRY

- [ ] _____
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- [ ] _____
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- [ ] _____

PANTRY

- [ ] _____
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- [ ] _____

FROZEN

- [ ] _____
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SNACKS & DRINKS

- [ ] _____
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HOUSEHOLD & KIDS

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DINNER

_____

SIMPLE JOY

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FOR ME

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NEXT WEEK PREP

Your own Sunday checklist. Make it fit your family.

WEEK OF _____

THE SUNDAY CHECKLIST

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

THE BIG THINGS

Tests, games, trips.

_____

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THINGS TO BUY

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THINGS TO SEND

Forms, money, snacks.

_____

_____

_____

ONE THING FOR ME THIS WEEK

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_____

MEAL PLAN

Plan the week once, shop once.

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

PREP AHEAD

- ☐ _____
- ☐ _____
- ☐ _____

LEFTOVERS & USE UP

_____

_____

_____

GROCERY LIST

Sorted by aisle so you're in and out.

STORE _____

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAT & DAIRY

- [ ] _____
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PANTRY

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FROZEN

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SNACKS & DRINKS

- [ ] _____
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HOUSEHOLD & KIDS

- [ ] _____
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KIDS: DROP-OFF & PICKUP

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DINNER

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SIMPLE JOY

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Your own Sunday checklist. Make it fit your family.

WEEK OF _____

THE SUNDAY CHECKLIST

- [ ] _____
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THE BIG THINGS

Tests, games, trips.

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THINGS TO BUY

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Forms, money, snacks.

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ONE THING FOR ME THIS WEEK

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MEAL PLAN

Plan the week once, shop once.

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
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6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

9 PM _____

TOP 3

1. _____
2. _____
3. _____

KIDS: DROP-OFF & PICKUP

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

DINNER

_____

SIMPLE JOY

_____

FOR ME

_____

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Fill it in the night before, or with your morning coffee.

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NEXT WEEK PREP

Your own Sunday checklist. Make it fit your family.

WEEK OF _____

THE SUNDAY CHECKLIST

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

THE BIG THINGS

Tests, games, trips.

_____

_____

_____

_____

_____

_____

_____

_____

THINGS TO BUY

_____

_____

_____

THINGS TO SEND

Forms, money, snacks.

_____

_____

_____

ONE THING FOR ME THIS WEEK

_____

_____

_____

MEAL PLAN

Plan the week once, shop once.

WEEK OF _____

	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
TUE				
WED				
THU				
FRI				
SAT				

PREP AHEAD

- ☐ _____
- ☐ _____
- ☐ _____

LEFTOVERS & USE UP

_____

_____

_____

GROCERY LIST

Sorted by aisle so you're in and out.

STORE _____

PRODUCE

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

MEAT & DAIRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

PANTRY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

FROZEN

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

SNACKS & DRINKS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

HOUSEHOLD & KIDS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

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MONTHLY REFLECTION

Look back with kindness before you plan ahead.

MONTH _____

BEST MOMENTS

WHAT WAS HARD

WHAT I LEARNED

WHAT I NEED MORE OF

NEXT MONTH I WANT TO