



Sunday Routine Checklist

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Stop living in survival mode!

Plan your whole week in advance with this helpful checklist.

STEP 1

Step One: Figure out the logistics for the whole family for the week

- Work and/or volunteering commitments
- Travel
- Appointments
- After school activities
- Carpool
- Sports practices
- Worship
- Social plans
- Workouts
- Cleaning the house
- Date or family night
- Errands
- Meal Plan for the whole week

STEP 2

Step Two: Gather your supplies to create your Plan of Attack

- SmartPhone
- Paper planner (if you use)
- Family paper calendar (if you use)
- Grocery list pad
- Meal Planner pad
- Pens, pencils, binder clips, post-its.

STEP 3

Step Three: Starting with the non-negotiables, put it all on the calendar

- Top Priority (things that make or cost you money): Work, Travel, School, Appointments, After school activities
- Second Priority: Carpool and Babysitters
- Next: Plan your Meals for the week, taking into account the above already scheduled events
- Lastly, Layer in : everything else

STEP 4

Step Four: Make sure you share the plan with the entire family

- Sync up SmartPhones
- Post Family calendar
- Discuss at dinner every night

And...you're ready to tackle the week with ease...now sit back and enjoy the sunshine, puppies and rainbows!