

# THE ULTIMATE SUNDAY

## Family Prep Checklist



### FAMILY:

- REVIEW WEEKLY SCHEDULE
- PLAN MEALS FOR THE WEEK
- CREATE A GROCERY LIST
- HOLD A FAMILY MEETING
- SET WEEKLY GOALS FOR EACH FAMILY MEMBER
- REVIEW EMERGENCY CONTACTS AND PLANS



### HOME:

- DO LAUNDRY
- LAY OUT OUTFITS FOR THE WEEK
- TIDY UP COMMON AREAS
- RESTOCK HOUSEHOLD ESSENTIALS
- CHECK THE WEATHER FORECAST



### WELLNESS:

- SCHEDULE SELF-CARE TIME
- PLAN EXERCISE FOR THE WEEK
- PREP MAKE-AHEAD MEALS AND SNACKS



### KIDS:

- PACK BACKPACKS AND SCHOOL SUPPLIES
- PREP SNACKS AND LUNCHES
- START BEDTIME ROUTINE EARLIER
- PREP FOR KIDS' ACTIVITIES AND EVENTS