

SUMMER 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:

- ☐ RESTOCK SUNSCREEN, BUG SPRAY, AND SUMMER ESSENTIALS
- ☐ CHECK THE WEATHER AND PLAN OUTDOOR ACTIVITIES
- ☐ GATHER POOL, BEACH, OR SPORTS GEAR FOR UPCOMING OUTINGS