

SUNDAY PREP

- FILL OUT CALENDAR FOR THE WEEK AND POST**
List all sports and after school activities, include all family members and post where everyone can see.
- PREP MEALS OR MEAL PLAN FOR THE WEEK**
Make ahead and freeze or meal plan and prep
- PRINT LUNCH MENU, PREP LUNCHBOX SNACKS IN BAGGIES**
- CHECK EMAILS AND EMPTY INBOX, SO YOU START FRESH FOR THE WEEK.**
- CLEAN OUT CAR AND FILL WITH GAS**
- MAKE SURE KIDS CLOTHES FOR WEEK ARE CLEAN, IRONED, ETC.**
Have them locate and set out belts, sports gear, etc.
- HAVE KIDS CLEAN OUT AND PREP BACKPACKS FOR THE WEEK.**
- COORDINATE TRANSPORTATION FOR KIDS**
Check for any schedule conflicts and work out transportation.
- GO THROUGH PAPER DUMP ZONE AND FILL OUT ANY PERMISSION SLIPS OR FORMS.**
Toss old stuff and catch up on anything that needs attention.
- CHARGE ALL LAPTOPS, PHONES, ELECTRONIC DEVICES**
- EVENING TIDY UP**
Do a quick cleanup before bed. Make sure dishes have been done, kitchen is clean and rooms have been tidied.
- RELAX, YOU'RE READY TO TACKLE THE WEEK!**

