Sunday Reset Checklist

Put your home back to zero before Monday. Pick the version that fits your day.

60 MINUTE RESET *the essentials*

- [ ] Start one load of laundry, open a window
- [ ] Trash sweep + clutter basket, every room
- [ ] Dishes done, sink empty
- [ ] Wipe counters, table and stovetop
- [ ] Bathroom: sink, mirror, toilet, fresh towel
- [ ] Vacuum or sweep the main walkways
- [ ] Move laundry along
- [ ] Check the calendar, choose 3 dinners

+ 30 MINUTES *the 90 minute reset*

- [ ] Change the bed sheets
- [ ] Clear the fridge, wipe one shelf
- [ ] Write the grocery list
- [ ] Empty the clutter basket

+ 30 MINUTES *the 120 minute reset*

- [ ] Mop kitchen and bathroom floors
- [ ] Wipe appliance fronts and cabinet doors
- [ ] Fold and put away all laundry
- [ ] Prep one thing for the week
- [ ] Reset the entry: shoes, keys, bags

THIS WEEK'S DINNERS

Mon _____

Tue _____

Wed _____

Thu _____

Fri _____

TOP 3 PRIORITIES

1 _____

2 _____

3 _____

APPOINTMENTS & DEADLINES

SAVE FOR A DEEP-CLEAN DAY *not today*

RESTOCK

Order matters: laundry first, surfaces before floors, planning last.

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