SUNDAY RESET

Get the week ready

Do the rows in order and stop at any line. Minutes are the CozyHaus estimates.
Missed a week? Nothing doubles.

The first 19 minutes	minutes · running total	
☐ Run a wash	5 min	5
☐ Clear out old food from the fridge	6 min	11
☐ Plan next week's dinners	8 min	19

Stop here at 19 minutes

To 51 minutes	minutes · running total	
☐ Change the sheets	10 min	29
☐ Fresh towels out	2 min	31
☐ Empty the small bins	5 min	36
☐ Put the garbage bin out	3 min	39
☐ Swap the kitchen sponge	2 min	41
☐ Water the plants	4 min	45
☐ Put the laundry away	6 min	51

Stop here at 51 minutes

To 132 minutes	minutes · running total	
☐ Wipe down the shower and tub	6 min	57
☐ Clean all the mirrors	6 min	63
☐ Dust the bedroom	6 min	69
☐ Wipe switches, handles and remotes	8 min	77
☐ Clean the microwave	10 min	87
☐ Vacuum all floors	25 min	112
☐ Mop the floors	20 min	132

All done at 132 minutes

Dinners this week

Mon _____
Tue _____
Wed _____
Thu _____
Fri _____
Sat _____
Sun _____

The week ahead

☐ Calendar checked
☐ Grocery list written

_____
_____
_____

One thing for you

_____