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

_____