

MY SUNDAY PLAN



HOME

- Tidy up
- Finish laundry
- Water plants
- Prep your coffee

SELF

- Plan your workouts
- Pick out your outfits
- Do one thing for self-care
- Do something for your marriage

FAMILY

- Check your calendar
- Meal plan
- Grocery shop
- Meal prep
- Stock diaper bag
- Restock diaper stations
- Prep for school

WEEKLY PLAN

	MON DAY	TUES DAY	WEDN ESDAY	THURS DAY	FRI DAY	SATUR DAY	SUN DAY
MEAL PLAN							
WORK OUT							
NOTES							