



Weekend Resest Checklist for Busy Moms

The simple reset that saves your 6am school mornings!

SATURDAY RESET: CHORES

- Wash + dry all school clothes
- Fold immediately (or while watching your favorite show!)
- Match socks and underwear
- Pull/set aside 5pjs, 5 uniforms, 5 play clothes

SATURDAY RESET: CHECK THE WEEK AHEAD

- Check school calendar
- Note spirit days/uniform needs
- Check activities / supplies needed
- Write anything special on calendar
- Communicate childcare plan to babysitters/family/school

SUNDAY DRAWER RESEST: FILL WEEKDAY DRAWERS

- Monday outfit, pjs, underwear, socks
- Tuesday outfit, pjs, underwear, socks
- Wednesday outfit, pjs, underwear, socks,
- Thursday outfit, pjs, underwear, socks
- Friday outfit, pjs, underwear, socks
- Refill drawers from laundry basket (use drawer dividers if you have them)
One drawer per day. Everything in its place.

OUT-THE-DOOR PREP

- Pack backpacks
- Double check kids' folders/paperwork
- Pack up babysitter/daycare bags
- Set out shoes, coats, any snow/rain gear
- Refill diaper bag if needed
- Mom, what do *you* need? Set yourself up, too: work bag / umbrella /keys /wallet / you-name-it!

“SMALL SYSTEMS THAT HELPED“ CHECKLIST

- Enough socks & underwear for the week
- Extra backup outfit (already folded + ready)
- Diapers/wipes/subscriptions & delivery set
- School snack stash ready- set up for PM after school snack time
- Notes-to-self:

MOM RESET: DO NOT SKIP! YOU DESERVE TO FEEL PREPPED

- Lay out your Monday outfit
- Prep coffee station for morning
- Write top 3 goals for the week in your planner
- Exercise
- Shower/skin care
- Go. to. bed. early.

From [spruceprints.com](https://www.spruceprints.com): a 14-year teacher mom with a toddler and a preschooler

