THE WEEKLY RESET

The Busy Mom Weekly Reset System

Free Starter Kit

A calmer week in 20 minutes on Sunday. Meals, money, home, kids, and a little rest, all planned in one place. Use it every week, all year.

What is inside

The 20-Minute Sunday Reset, step by step

Brain Dump and Top 3 Priorities

Weekly Overview, Monday to Sunday

Meal Plan and Grocery List

Money Check and Weekly Budget

Home Reset, Morning Routine, and Evening Reset

School Rhythm for Every Mom

Mom Reset: 5 Minutes for You

My Week Wins and Notes

US Letter, 8.5 by 11 inches. Print at home. Print the weekly pages again each week. For personal use only.

How this system works

This is not a planner you fill in and forget. It is a short weekly rhythm. Do the Sunday reset once, then use the same pages all week. It works in January, in July, and in a busy school week.

The rhythm

Sunday, 20 minutes: plan the week with the Sunday Reset on page 3.

Morning, 5 minutes: check today on the Weekly Overview, then start the morning routine.

Evening, 10 minutes: do the Evening Reset on page 7, so tomorrow starts calm.

Wednesday, 2 minutes: check money on page 6. Are you still inside your grocery budget?

What you need

[ ] Print this kit, or print pages 4 to 7 each week

[ ] One pen, and a spot where you will see the pages

[ ] A timer for the Sunday reset, so it stays at 20 minutes

A real mom note

I am Tina, a mom of 3 who homeschools. I made this because a perfect week never happens, but a planned week feels calmer. If a day falls apart, do not rewrite the whole week. Just look at your Top 3 and do the next one.

What is inside

1. The 20-Minute Sunday Reset
2. Brain Dump and Top 3
3. Weekly Overview
4. Meal Plan and Grocery List
5. Money Check
6. Home, Morning, and Evening Reset
7. School Rhythm and Mom Reset
8. My Week Wins and Notes

The 20-Minute Sunday Reset

Set a timer for 20 minutes. Do each step in order. Do not try to make it perfect. A finished plan beats a perfect plan you never use.

Step 1, 2 minutes: Brain Dump

Go to page 4. Write down everything in your head. Appointments, calls, meals, school, chores, worries. Get it out of your head and onto paper.

Step 2, 3 minutes: Pick your Top 3

Look at the dump. Circle only 3 things that matter most this week. Those are your Top 3. Everything else can wait, be skipped, or be asked for help with.

Step 3, 5 minutes: Plan meals

Go to page 5. Plan dinner first for Monday to Friday. Pick one easy night and one leftover night. Write the grocery list from the meals, not the other way around.

Step 4, 3 minutes: Check money

Go to page 6. Write your grocery limit for the week. Check what is left from last week. Plan one no-spend day.

Step 5, 3 minutes: Plan home

Go to page 7. Pick one chore per day. Small chores done often beat one long cleaning day.

Step 6, 4 minutes: Prep for Monday

Lay out clothes, pack bags, set out breakfast dishes, and write tomorrow's Top 3 on the Weekly Overview. Then stop. You are done.

If you only have 5 minutes

[ ] Write your Top 3

[ ] Plan dinner for Monday and Tuesday only

[ ] Lay out clothes for tomorrow

Brain Dump and Top 3

Week of: _____ Use this page on Sunday. Dump it all here first, then choose. You do not have to do everything on this page.

Brain Dump: everything in my head

My Top 3 this week

1. _____
2. _____
3. _____

Sort it

Must do	Should do	Can wait

One thing I will ask for help with: _____

One thing I will skip this week: _____

Weekly Overview

One week at a glance. Write each day in a few words. Check this page each morning. If a day changes, cross it out and write the new plan. That is normal.

Week of: _____

Day	Plan	Meals	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

One thing to look forward to this week: _____

Appointments and calls

Meal Plan and Grocery List

Plan dinner first, then fill in breakfast and lunch. Keep one easy night and one leftover night each week. Shop from this page.

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Easy meals we love

[ ] Pasta and salad

[ ] Tacos or burrito bowls

[ ] Soup and bread

[ ] Sheet pan chicken and vegetables

Grocery list

Produce

[ ]

[ ]

Meat and dairy

[ ]

[ ]

Pantry and frozen

[ ]

[ ]

Money Check

Track the week in real money, not in your head. Write the limit first, then what you actually spend. Check again on Wednesday.

My weekly grocery limit: $ _____

Category	Planned	Actual	Left
Groceries			
Eating out			
Kids and activities			
Household			
Fun and extras			
Total			

My no-spend day this week: _____

3 money rules that help

[ ] Plan groceries before you shop, and shop from the list

[ ] Pick one no-spend day each week

[ ] Check the total on Wednesday, not on Sunday night

Spending notes

Home, Morning, and Evening Reset

Short chores, done often, beat one long cleaning day. A calm morning starts the night before. Ten quiet minutes in the evening save thirty rushed minutes in the morning.

Chore chart

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make beds							
Tidy living room							
Load dishwasher							
One load of laundry							
Wipe kitchen counters							
Take out trash							
Kids pick up toys							

Morning routine

The night before

[ ] Lay out clothes for tomorrow

[ ] Pack bags, lunches, and school papers

[ ] Set out breakfast dishes

[ ] Write the top three things for tomorrow

In the morning

[ ] Wake up before the kids, even by ten minutes

[ ] Drink water and make the bed

[ ] Eat breakfast together if you can

[ ] Leave five minutes early, not five minutes late

Evening reset, 10 minutes

[ ] Clear the kitchen counters and start the dishwasher

[ ] Pick up the living room, one basket at a time

[ ] Lay out tomorrow clothes

[ ] Check the calendar for tomorrow

School Rhythm and Mom Reset

A loose rhythm beats a strict schedule. Circle your school type first, then use the same rhythm all week. This page works for every mom.

Our school type: [ ] Homeschool [ ] Public School [ ] Private School [ ] Preschool / Little kids at home

Our daily rhythm

Time	What we do	Notes
Morning	School prep, learning, or school work	
Midday	Lunch, outside time, and quiet play	
Afternoon	Homework or reading, chores, free play	
Evening	Dinner, bath, story, and bed	

Kids jobs this week

[ ] Each child has one small job a day

[ ] Pick up toys before dinner

[ ] Help set the table

Pick your 5, by school type

Homeschool: Reading, Math, Writing, Science, Art. Public or Private: Pack lunch, Homework, Reading 20 minutes. Preschool: Story time, Play learning, Outside play.

Mom reset: 5 minutes for you

You do not need an hour. Pick one small reset a day.

[ ] Drink a full glass of water and sit down for 2 minutes

[ ] Step outside for fresh air, even for 3 minutes

[ ] Write down one good thing from today

[ ] Put the phone away for 10 minutes and rest your eyes

[ ] Stretch, or take a short walk around the house

My reset today: _____

My Week Wins and Notes

End the week by writing what worked. Keep this page. Next Sunday, look back at it before you plan again. You will see what to keep and what to change.

What worked this week

What I will change next week

Wins, big or small

[ ] I planned meals before I shopped

[ ] I kept my no-spend day

[ ] I did the evening reset most nights

[ ] I asked for help

[ ] I took 5 minutes for me

Notes