



# SUNDAY EVENING CHECKLIST FOR MOMS

## KIDS READY FOR MONDAY

- Hair washed & Nails cut
- Uniform clean, dry & ironed
- Shoes and socks clean and paired
- Lunchbox & water bottles clean
- Homework done
- Books & stationery available & packed
- Checks like money /forms /leave letters.

## MEALS

- Meal plan for Monday done
- One protein prepped
- Vegetables chopped
- Fruits/Snacks available

## LAUNDRY

- Tomorrow's clothes ready
- Innerwear/Socks sufficient
- Towels usable
- Essential laundry done
- Check weather & prep clothes/gear
- Bedsheets OK for the week

## NO SURPRISES

- Alarms set
- Phone /Devices charging
- Calendars/Mail checked
- Bills paid or scheduled
- To-do lists & Shopping lists updated

## HOME

- Kitchen prepped for dinner & morning
- Floor is not a mess
- Bathroom supplies ready
- Trash Managed

## OTHERS

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