



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

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

