

Weekend Reset Worksheet

A short planning page to reset your home, calendar, and next week.



WEEKEND RESET

- ☐ Clear counters
- ☐ Laundry reset
- ☐ Refill water / snacks
- ☐ Review calendar
- ☐ Choose top 3 for Monday

WHAT MATTERS THIS WEEKEND

- ☐ Errands
- ☐ Meal prep
- ☐ Home admin
- ☐ Movement
- ☐ Rest

BRAIN DUMP

Write directly on the lines or print multiple copies.

NEXT WEEK PREP

Write directly on the lines or print multiple copies.