



SUNDAY PREP

- ☐ Review Weekly Schedule
- ☐ Sync Calendar with Partner & Caregivers
- ☐ Plan Meals
- ☐ Grocery Shop
- ☐ Prep Lunches & Snacks for Week
- ☐ Do Laundry & Put Away Clothes
- ☐ Open Mail
- ☐ Pay Bills
- ☐ Review & Return School Forms
- ☐ Make To Do List for Week
- ☐ Make an Errands/Return List for Week
- ☐ Reboot & Clean Phone
- ☐ Put Away Any Piles
- ☐ _____
- ☐ _____
- ☐ _____