

[illegible]

3. Meals and Shopping

Plan a few meals and record essential groceries.

Day	Meal idea	Ingredients / groceries needed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Essential grocery list:

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4. Children's Responsibilities

Note age-appropriate tasks children can manage themselves.

Task	Child's name	Done? ✓ ✗

5. One Thing We Can Simplify

Identify a commitment, task or expectation that can be reduced or removed.

This week, we can simplify: _____

How this will help our family: _____

6. Time to Recharge

Make space for one realistic opportunity for rest or family connection.
Our time to recharge will be: _____ When: _____

Who will join? _____

7. A Note to Myself

Write a reminder that you do not have to do everything perfectly.

This week, I want to remember: _____