

Reset Week Starter

One small reset a day. About 15 minutes each. Check it off and move on.

Day	Reset	The 15-minute version	Done
Monday	Fridge	Toss expired items, wipe one shelf, move "eat first" food to the front.	☐
Tuesday	Freezer	Fill in the inventory sheet (page 2). Group by type. Note what to use this week.	☐
Wednesday	Laundry	Clear the folding surface, match socks, restock detergent list.	☐
Thursday	Paperwork	Open mail pile, file or shred, write down any due dates.	☐
Friday	Kitchen drawers	Empty one drawer, toss duplicates and dead batteries, put back only what belongs.	☐
Saturday	Entryway	Return shoes, bags and keys to their spots. Clear the surface.	☐
Sunday	Plan	Look at the freezer list and fridge, plan 3 meals, make a short shopping list.	☐

Notes and next week's shopping list

Freezer Inventory

Write it down once, stop buying what you already have.

Item	Qty	Date frozen	Use by	Zone

Zones: A = meat and fish · B = vegetables and fruit · C = meals and leftovers · D = bread and baking