

MOM WELLNESS CHECKLIST

A daily reset for real-life days

Use this like a menu, not a scorecard. Pick what fits today and leave the rest.

A survival-day plan still counts.

DATE

TODAY FEELS LIKE

☐

Survival day

☐

Regular day

☐

More room

My Three Anchors

Choose one action in each part of the day. Tiny is allowed.

MORNING

- ☐ Check the family calendar
- ☐ Choose dinner
- ☐ Prep tomorrow's first step

MIDDAY

- ☐ Sit down for five minutes
- ☐ Step outside for a bit
- ☐ Take a phone-free pocket

EVENING

- ☐ Clear one visible surface
- ☐ Set out one thing for tomorrow
- ☐ Choose a stopping time

MY PICK FOR TODAY

Morning

Midday

Evening

My Backup Plan

Fill this in before the day gets loud.

EASY DINNER

QUIET KID ACTIVITY

TASK I CAN SKIP

PERSON I CAN ASK

ONE SMALL WIN FROM TODAY

WEEKLY MOM RESET

Ten minutes. No fresh-start fantasy required.

WEEK OF

THIS WEEK FEELS LIKE

☐

Survival

☐

Regular

☐

More room

The Week at a Glance

Write only the dates that change how the week runs.

1	
2	
3	

Make the Week Easier

Check what would actually remove friction. Skip the rest.

- | | |
|---|--|
| ☐ Update the shared family calendar | ☐ Choose one household task to skip |
| ☐ Pick three easy dinners | ☐ Ask for one specific handoff |
| ☐ Add one emergency meal to the grocery list | ☐ Add one 10-minute personal break |
| ☐ Clear the entryway landing zone | ☐ Prepare one quiet kids activity |

Our Three Easy Dinners

1	
2	
3	

HARDEST PART OF THIS WEEK

ONE TINY FIX

I AM NOT DOING

I WILL HAND OFF

10 MINUTES FOR ME

NEXT WEEK: KEEP / CHANGE / DROP

KEEP

CHANGE

DROP