

# Weekly Reset Checklist

A free weekly reset checklist printable for busy people who want one practical focus, one prepared default, and one low-energy backup before the week starts.

## Choose the focus

The part of next week most likely to get messy is:

Notes: \_\_\_\_\_

The one routine that would make the week easier is:

Notes: \_\_\_\_\_

A good-enough version of this week would look like:

Notes: \_\_\_\_\_

## Run the 20-minute reset

Scan the calendar for the busiest day.

Notes: \_\_\_\_\_

Reset one visible surface, bag, shelf, or container zone.

Notes: \_\_\_\_\_

Prepare one cue for food, movement, sleep, or home.

Notes: \_\_\_\_\_

## Write the fallback

The normal version of the routine is:

Notes: \_\_\_\_\_

The low-energy version that still counts is:

Notes: \_\_\_\_\_

The restart cue for the next day is:

Notes: \_\_\_\_\_

## Review without judgment

One thing that helped was:

Notes: \_\_\_\_\_

One friction point to remove is:

Notes: \_\_\_\_\_

One action to keep next week is:

Notes: \_\_\_\_\_

Related guide: <https://ahealthyworld.info/blog/weekly-reset-checklist-for-busy-people>

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