

User's Guide for the Happy Healthy Mom's Weekly Prep Checklist

To start, pick a time to plan. These days, many of the families I know have sports activities that keep them almost as busy on the weekends as during the week. Look at your schedule from a realistic (and compassionate) place and find some time where you can sit and plan. You can also break it up into chunks if that works better for you. Remember, not all of these tasks should be done by you alone – delegate and get your family involved. Be a solution finder!

Tools to have on hand:

1. Happy Healthy Moms weekly prep checklist
2. A master monthly calendar - you can use a paper one, or electronic one such as google, or both - but have a place where you write down all your events, activities, deadlines, etc. This is a great place to schedule date nights, Mom's Night Out, and other self-care items to make sure that those are being planned as well.
3. A weekly calendar. Take the information from your master calendar and break it down to see what your week looks like - again, noting any activities, deadlines, project due dates, classes, birthdays, anniversaries. Whether they're a normal part of your routine or an extra thing, it's important to know what's coming up. You don't plan a trip without directions, this is the same concept - you're planning your trip to a less stressed week. Quick tip: schedule travel time on your calendar too!

Once you have this info down you can move on to the next steps:

1. Check the weather - this helps you to see in advance if you will need to plan extra travel time, get out different types of clothing, and plan any meals that you might make outside (depending on your setup grilling doesn't have to be just a seasonal thing).
2. Meal plan - Now that you know what your weeknights are going to look like, it's easier to determine what types of meals make the most sense for you. It is possible to have a healthy meal every night even if your schedule is jam packed. It just takes a little creativity, and planning. With crock-pots, freezer meals, and easy recipes it's totally possible. Having your family involved in the planning makes this go quickly and also helps avoid the "but I don't want that" issue from coming up. Remember that you can't always please everyone, but getting them to compromise really helps.
3. Set time to grocery shop & prep. - Knowing when you're making what helps determine when you need to go grocery shopping and what you can prep in advance to make your dinner preparation go even quicker. Veggies can be cleaned and cut, snacks for lunch can be divided, and meat can be thawed for when it's needed. Your kids can do some of these things too for meal prep.
4. Clean out & gas up the car(s). Starting the week with a full tank (metaphorically and physically) gives a sense of peace and calm. Regularly cleaning out all the little junk that gets tossed around the car helps to make your car a space that you can enjoy being in rather than a source of cringy-ness. I recommend having a bag for every child, put their items in it, deliver it to them to put away. Or better yet, have them empty it out of the car!
5. Clean house - There are many great resources available to help you schedule your cleaning and lots of information on age appropriate chores, but my two basic tips are to aim for:
 - a. Evening roundup. Every day spend about 15 minutes on general cleanup/straightening. Set the timer and have the family help!
 - b. Sunday Clean - you can pick any day of the week for this, in our house - you guessed it - it's Sunday! This is the one day of the week where EVERYTHING gets put back in its place and the whole house gets cleaned. You may prefer to use a cleaning schedule to break down the work into daily tasks, but to begin with just start thinking about what is realistic for the amount of

time you have available, and the jobs that are most needing to be done that week. Remember to have your family help – you are not the only one making a mess, you don't need to be the only one cleaning it up.

6. Laundry - One of the most frustrating statements you can hear from your kids mid-week in the middle of morning rush is "I'm out of underwear". Up until 3rd grade we had hanging dividers in the kids closets and on Sunday we would pick out outfits for the week (another reason to check the weather!). As the kids got older and wanted more control in their outfits I would just have them count out and make sure I know when laundry needs to be done. If there is room in the bedrooms I suggest putting 2 hampers (we use the little mesh pop-up ones) - one for lights and one for darks, even toddlers can help separate their clothes this way, and it makes grabbing it to throw in the wash easier. Depending on the age of your kids they can help with other parts of the laundry as well.
7. Meditation/Spiritual time - Whether it's through prayer, meditation, or another choice, nourishing your spiritual self helps bring balance and peace to all areas of your life. Plan as much time as you feel comfortable with - from 5 minutes to whatever feels right. The point is to set the intention to connect to your higher source daily.
8. Kids set for success - What do you want your kid(s) to work on this week. Your family is a team and can work together to have the best week possible. This can be chores, character building activities, or something else depending on what you want to create during the week.
9. Exercise Time - Depending on your goals the amount of time for this will vary for you, but even if it's just parking further away in store parking lots, spending time thinking about how you are going to move your body and setting that intention makes it more realistic to get done. Knowing what time of day is realistic for you is also important - personally, I know that if I don't exercise first thing in the morning it doesn't get done, so I do my best to plan accordingly.
10. Self-Care Activity for the day or week - Pick at least one thing that you are going to do for YOU and only YOU. This doesn't have to cost anything - it can be sitting with a cup of tea and listening to music, but if you have resources to do something like a massage or haircut then by all means go for it! Also, think about social activities with friends such as Mom's nights out or book-clubs. **Taking care of you means that your family gets the best of you, not what's left of you.**
11. Family Activity for the week - whether it's a family game night or movie night, picking a time and activity to come together as a family is so important. Also, think about date-nights. When do you and your partner have time to reconnect? The family that plays together stays together :)
12. Bonus - set an affirmation for the week: This is a wonderful opportunity to have a positive vibe spread throughout your house. Use post it notes or dry erase markers on mirrors. Be creative and have fun with it. This is also great to use for your kids. Some examples are:
 - a. I am deeply loved and love is all around me
 - b. I am smart and capable
 - c. I have gifts to share with the world
 - d. There are healthy and delicious options all around me.
 - e. Being healthy is easy and fun

I hope you enjoy this guide and the checklist. Let me know how it's helped you to plan your way to a happy & healthy week. If you have any questions, please contact me at sandy@sandyhallcoaching.com .

In health & happiness,
Sandy Hall

www.sandyhallcoaching.com

PS. I have some great group programs just for moms like you! Let me know if you want to know more about those!

The Happy Healthy Mom's Weekly Prep Checklist

- Check weather for the week.

On your weekly calendar note the following upcoming events:

- Appointments/meetings
- Classes/practices/kids activities
- Bills that are due
- Birthdays, anniversaries, other notable events
- Deadlines or due-dates

Now that you have an idea of how busy your week will be:

- Meal Plan for week
- Make Grocery List

Plan time to:

- | | |
|---|---|
| <input type="checkbox"/> Grocery Shop | <input type="checkbox"/> Kids set for success |
| <input type="checkbox"/> Meal prep | <input type="checkbox"/> Exercise Time |
| <input type="checkbox"/> Cleanout & Gas up the car(s) | <input type="checkbox"/> Self-Care Activity for day or week |
| <input type="checkbox"/> Clean house | <input type="checkbox"/> Family Activity for week |
| <input type="checkbox"/> Laundry | <input type="checkbox"/> Date Night |
| <input type="checkbox"/> Meditation/Spiritual Time | <input type="checkbox"/> _____ |

Bonus plan:

- Set affirmation or positive intention for week

*Every minute you spend in planning saves 10 minutes in execution;
this gives you a 1000% return on energy – Brian Tracy*

