

Fit Firm
& Fabulous

— NO PERFECTION, JUST PROGRESS. —

THE SUNDAY Reset CHECKLIST



A SIMPLE WEEKLY SYSTEM TO FEEL MORE ORGANIZED, FOCUSED, AND PREPARED



RESET YOUR HOME

Create a calm, clutter-free space for the week.



RESET YOUR SCHEDULE

Plan ahead so you can focus on what matters.



RESET YOUR NUTRITION

Simplify meals and fuel your body with intention.



RESET YOUR WELLNESS

Prioritize self-care, movement, and stress relief.



RESET YOUR MINDSET

Let go of what no longer serves you and focus on progress.



THE SUNDAY RESET CHECKLIST

A Simple Weekly System to Feel More Organized, Focused, and Prepared

Fit Firm & Fabulous

No Perfection, Just Progress.

Welcome

Have you ever started Monday morning already feeling behind?

Your inbox is overflowing.

The refrigerator is empty.

Appointments are scattered.

Your to-do list feels overwhelming.

And before the week even begins, you're already feeling stressed.

You're not alone.

Many women spend their weeks reacting instead of intentionally preparing.

The good news is that you don't need an elaborate planning system, expensive planner, or hours of preparation.

You simply need a reset.

A Sunday Reset is not about becoming perfect.

It's not about controlling every minute of your life.

It's about creating enough structure that you can move into the week feeling calmer, clearer, and more confident.

This guide will help you create a simple weekly routine that reduces stress, improves focus, and supports your wellness goals.

Why Your Week Feels Chaotic

Most women aren't overwhelmed because they have too much to do.
They're overwhelmed because too many decisions are waiting for them.

Think about how many choices you make every day:

What should I eat?

What should I wear?

What needs to get done?

What did I forget?

What's for dinner?

When will I exercise?

When will I have time for myself?

Decision after decision.

Day after day.

Without a system, these small decisions become mental clutter.

Over time, that clutter creates:

Stress

Fatigue

Procrastination

Overwhelm

Reduced confidence

The purpose of a Sunday Reset is to remove as many unnecessary decisions as possible before the week begins.

The result?

More energy for the things that matter most.

The Sunday Reset Philosophy

At Fit Firm & Fabulous, we believe:

Progress Over Perfection

Your reset doesn't need to be perfect.

Your home doesn't need to look like a magazine.

Your meals don't need to be flawless.

Your calendar doesn't need to be color-coded.

Your goal is simple:

Create a little more clarity than you had yesterday.

Small improvements create powerful momentum.

When you reset consistently, you begin each week feeling:

More organized

More intentional

Less reactive

More confident

That's the power of preparation.

The 30-Minute Sunday Reset Method

Many people abandon planning because they believe it takes too much time.

Not here.

Your Sunday Reset can be completed in as little as 30 minutes.

10 Minutes: Review

Look at:

Calendar

Upcoming appointments

Deadlines

Family commitments

10 Minutes: Prepare

Plan:

Meals

Priorities

Movement

Personal time

10 Minutes: Reset

Tidy key spaces.

Clear mental clutter.

Set intentions for the week.

That's it.

Simple.

Practical.

Sustainable.

Your Weekly Reset Checklist

Home

Clear kitchen counters

Empty dishwasher

Start one load of laundry

Refresh your workspace

Restock essentials

Tidy your main living area

Remember:

The goal isn't perfection.

The goal is creating a peaceful environment that supports your week.

Continue Your Journey

The Sunday Reset works beautifully alongside these Fit Firm & Fabulous resources:

Simple Meal Prep System

Use it to simplify your weekly nutrition planning.

FFF Healthy Plate Formula

Create balanced meals without overthinking.

Stress-Less Morning Routine

Start each day with more intention and less chaos.

5-Minute Nervous System Reset

Perfect for stressful weeks and busy schedules.

The Overthinking Reset

Reduce mental clutter and create greater focus.

Self-Compassion Prompts for Women

Because progress always works better than self-criticism.

Reflection Prompt

Before moving into the next week, ask yourself:

What worked well this week?

What created unnecessary stress?

What would make next week feel easier?

What is one small improvement I can make?

Remember:

Small changes create meaningful results.

Progress builds confidence.

Consistency creates momentum.

And every week is a fresh opportunity to begin again.

Calendar Reset

One of the quickest ways to reduce stress is to know what's coming.

Many women carry appointments, deadlines, obligations, and reminders in their heads.

The problem?

Your brain is a wonderful place to create ideas.

It's not a great place to store them.

A weekly calendar review helps you move from reacting to planning.

Your Calendar Reset Checklist

- Review upcoming appointments
- Review work commitments
- Review family commitments
- Schedule self-care time
- Schedule movement sessions
- Schedule meal preparation time
- Check birthdays, events, and special occasions
- Block time for priorities

Ask Yourself:

What are the three most important things happening this week?

When you know what matters most, it becomes easier to focus your energy.

Nutrition Reset

One of the biggest sources of daily stress is deciding what to eat.

Without a plan, many women find themselves:

Skipping meals

Grabbing convenience foods

Feeling unprepared

Spending more money than necessary

A simple nutrition reset can eliminate dozens of decisions throughout the week.

Weekly Nutrition Checklist

- Review upcoming meals
- Check pantry essentials
- Create grocery list
- Prepare healthy snacks
- Wash produce
- Plan simple breakfasts
- Plan simple lunches
- Plan simple dinners

Remember:

Simple is sustainable.

You do not need complicated recipes.

You need meals you will actually prepare and enjoy.

FFF Resource Recommendation

For additional support, explore:

Simple Meal Prep System

and

Healthy Plate Formula

inside the Free Library.

These resources work perfectly alongside your weekly reset routine.

Wellness Reset

Your wellness deserves a place on your calendar.

Too often, women schedule everything except the habits that support their own well-being.

A Sunday Reset creates space for intentional self-care.

Wellness Planning Checklist

- Schedule movement
- Schedule walks
- Plan hydration goals
- Plan bedtime routine
- Schedule relaxation time
- Plan stress-management activities
- Review wellness goals

Remember:

Wellness is not something you squeeze into leftover time.

It is something you intentionally prioritize.

FFF Resource Recommendation

Pair your Sunday Reset with:

Stress-Less Morning Routine

5-Minute Nervous System Reset

Move My Body Again

These resources can help create a stronger foundation for the week ahead.

Financial Reset

Money stress often follows women into every area of life.

The purpose of a Financial Reset is not to create perfection.
It is simply to create awareness.

A few minutes of review each week can reduce financial anxiety and improve confidence.

Weekly Financial Checklist

- Review account balances
- Review upcoming bills
- Review subscriptions
- Review savings goals
- Review spending habits
- Plan for upcoming expenses

Reflection Questions

What financial decision am I avoiding?

What financial habit would make life easier?

What is one small money win I can create this week?

FFF Resource Recommendation

Continue with:

Monthly Budget Template

and

Income Boost Checklist

for additional financial wellness support.

Weekly Priority Planner

One reason women feel overwhelmed is because everything feels important.

The solution is prioritization.

Instead of creating a list of twenty tasks, identify your top priorities.

My Top Three Priorities This Week

Priority #1

Action Steps:

Priority #2

Action Steps:

Priority #3

Action Steps:

Focus on progress.

Not perfection.

Not doing everything.

Not doing it all.

Just making meaningful progress on what matters most.

When your priorities become clear, your week becomes easier to navigate.

Relationship Reset

Healthy relationships do not happen by accident.

Like every other area of life, relationships thrive when we give them attention.

Your Sunday Reset is the perfect time to check in with the people who matter most.

This doesn't need to be complicated.

Small moments of connection often create the greatest impact.

Relationship Reset Checklist

- Reach out to someone you care about
- Schedule quality time with your partner
- Plan a family activity
- Send a thoughtful text
- Express appreciation to someone important
- Resolve any lingering misunderstandings
- Practice active listening this week

Remember:

Connection is built through consistent effort, not grand gestures.

FFF Resource Recommendation

Continue your relationship journey with:

Weekly Relationship Check-In

Micro-Connection Moments

Both resources are designed to help strengthen communication and connection in simple, meaningful ways.

Mindset Reset

Your mindset influences every area of your life.

The thoughts you carry into the week often shape how you experience it.

That's why a Sunday Reset isn't only about your calendar.

It's also about your perspective.

Before the week begins, take a moment to intentionally choose the mindset you want to bring forward.

Mindset Reset Checklist

- Identify one negative thought pattern to release
- Choose one empowering belief to focus on
- Practice gratitude
- Celebrate a recent win
- Set an intention for the week
- Focus on progress instead of perfection

My Weekly Intention

This week I choose to:

One Thing I'm Proud Of

Success grows when we acknowledge our progress.

Far too many women focus only on what still needs improvement.

Take time to celebrate how far you've already come.

FFF Resource Recommendation

For additional support, explore:

The Overthinking Reset

Self-Compassion Prompts for Women

7 Days of Micro Happiness

These resources work together to support a healthier mindset and greater emotional well-being.

Sunday Evening Reflection

Before the week begins, spend a few minutes reflecting.

Reflection creates awareness.

Awareness creates growth.

Ask yourself:

What worked well last week?

What challenged me last week?

What can I learn from those challenges?

What do I want more of this week?

What do I need to let go of?

Remember:

Growth doesn't require perfection.

It requires awareness and action.

My Weekly Success Tracker

Success isn't always about major accomplishments.
Often, it's the small things that create lasting change.

Use this page to track simple wins throughout the week.

This Week I Want To:

- Move my body consistently
- Prioritize healthy meals
- Protect my energy
- Get adequate rest
- Manage stress effectively
- Stay within my budget
- Strengthen important relationships
- Practice self-compassion
- Reduce overthinking
- Celebrate progress

My Personal Goal This Week:

Continue Your Journey

Your Sunday Reset is just one piece of creating a more intentional life.

Continue building healthy habits with these Fit Firm & Fabulous resources:

Wellness & Healthy Living

Healthy Plate Formula

Simple Meal Prep System

10 Clean Snacks

Move My Body Again

5-Minute Nervous System Reset

Stress-Less Morning Routine

Mindset & Personal Growth

The Overthinking Reset

Self-Compassion Prompts for Women

7 Days of Micro Happiness

Relationships

Weekly Relationship Check-In

Micro-Connection Moments

Financial Wellness

Monthly Budget Template

Income Boost Checklist

Remember:

You do not need to change everything overnight.

Small, consistent actions create extraordinary results over time.

Final Thoughts

Life will never be completely predictable.

There will always be unexpected challenges, changing priorities, and busy seasons.

The purpose of a Sunday Reset is not to control every detail.

The purpose is to create a foundation.

A foundation that helps you move into the week feeling:

More prepared

More focused

More confident

Less overwhelmed

More intentional

Most importantly, remember the philosophy that guides everything we do at Fit Firm & Fabulous:

No Perfection. Just Progress.

You don't need to do everything perfectly.

You don't need to have every answer.

You don't need to become a different person.

You simply need to keep taking the next step.

One healthy choice.

One intentional action.

One small improvement at a time.

Because progress—no matter how small—is still progress.

Fit Firm & Fabulous

No Perfection. Just Progress.

Fit Firm & Fabulous

NO PERFECTION JUST PROGRESS

PREPARE TODAY. THRIVE ALL WEEK.



Sunday Reset Checklist

space to plan your week. ♥

CONTINUE YOUR JOURNEY



Healthy Plate Formula

Simple guidance for balanced everyday meals.



The Overthinking Reset

Calm your mind and reclaim your peace.



Monthly Budget Template

Take control of your finances with ease.