RIGHT SIZED INTELLIGENT LIVING

The Sunday Reset

Small Home Edition · about 45 minutes

One caddy, one trip, seven zones. Start the week with clear surfaces and a plan.

The 45-minute order

0–5 min	**Surfaces**	Put everything back. One basket for “belongs elsewhere.”
5–10 min	**Bed**	Remake, or fold the wall bed away and air the room.
10–20 min	**Kitchen**	Dishwasher, counters, cooktop, and the fridge reset.
20–25 min	**Bath**	Sink, mirror, toilet; fresh towels.
25–30 min	**Laundry**	Start a load; hang delicates on the rack.
30–40 min	**Floors**	Vacuum or run the robot; spot-mop.
40–45 min	**Plan**	Grocery list and a look at the week ahead.

Checklist

- [ ] Clear every surface
- [ ] Remake or fold away the bed
- [ ] Empty the dishwasher
- [ ] Wipe counters and cooktop
- [ ] Fridge reset: toss, wipe, regroup
- [ ] Bathroom: sink, mirror, toilet
- [ ] Fresh towels out
- [ ] Start a load of laundry
- [ ] Floors: vacuum and spot-mop
- [ ] Trash and recycling out
- [ ] Grocery list written
- [ ] Look at the week ahead
- [ ] Refill the cleaning caddy
- [ ] One thing just for you: flowers, a candle, a book

In the caddy

All-purpose cleaner · glass cleaner · microfiber cloths · scrub brush · small trash bags · notepad

This week