

# THE SUNDAY RUNDOWN



# COVID-19 EDITION

BREAK UP THIS SEASON INTO SOME HEALTHY DAYS AND WEEKS

## THE CALENDAR

- WORK SCHEDULE
- GROCERIES
- CHORES (PLAN FOR GRASS, LAUNDRY, ETC.)
- CONNECTION ("DATE NIGHT", NETFLIX, CHILL)
- SOMETHING NEW WE COULD TRY THIS WEEK?
- SOMETHING WE LOVE THAT WE COULD DO THIS WEEK?
- WHO CAN WE CONNECT WITH THIS WEEK?
- WHEN CAN WE EACH GET A BREAK THIS WEEK?

## THE FINANCES

- ANY SURPRISES LAST WEEK?
- BIG EXPENSES/BILLS THIS WEEK?
- HOW'S OUR BUDGET LOOKING?
- HOW ARE WE FEELING ABOUT IT?

## THE CHECK-IN

- WHAT WAS THE BEST PART OF LAST WEEK?
- WHAT WAS THE HARDEST PART OF LAST WEEK?
- WHAT DO YOU NEED TO STAY HEALTHY?
- HOW ARE THE KIDS DOING?
- ANYTHING ELSE WE NEED TO TALK ABOUT?

## CELEBRATE

YOU JUST DID SOME MAJOR ADULTING AND SET YOUR FAMILY UP FOR A BETTER WEEK. FIND SOME WAY TO CELEBRATE!

*Pat Ward*  
-COUNSELING-

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