

Sunday 10 – A 10 Minute Family Checkin

This is not planning. This is syncing. Ten minutes. Phones down. Coffee still warm, if you're lucky.

Ask these three questions:

1. What's coming this week? (appointments, school stuff, work chaos)

2. What might feel stressful or heavy? (no fixing, just listening)

3. Where do you need help or backup? (specific and realistic)

That's it. No problem solving marathon. No perfection. Just enough clarity to stop the week from running you over.

FamilTrack.com

Built to quietly carry the shared mental load of family life. Some families use tools like FamilTrack to keep weekly notes in one shared place, so they don't have to live in one person's head.