Back in Canada: first-week checklist

After a trip: settle back in, restart routines and check what changed while you were away.

NAME _____ DATE _____

- [ ] Unpack and restock groceries
- [ ] Check mail and bills
- [ ] Restart paused subscriptions or services
- [ ] Check my school email and portal
- [ ] Check class changes and deadlines
- [ ] Book appointments I postponed
- [ ] Rest and readjust sleep
- [ ] Message friends to reconnect